SHARP

OPERATION MANUAL
with COOKBOOK

R-890SLM
MICROWAVE OVEN
with TOP & BOTTOM GRILLS
and CONVECTION

900W (IEC 60705)

OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT:

There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

If you require any advice or assistance regarding your Sharp product, please visit our website:

www.sharp.co.uk/customersupport

Customers without Internet access may telephone:

08705 274277 (9am - 5pm)

(01) 676 0648 (from Ireland)

Attention: Your product is marked with this symbol. It means that used electrical and electronic products should not be mixed with general household waste. There is a separate collection system for these products.

A. Information on Disposal for Users (private households)

1. In the European Union

Attention: If you want to dispose of this equipment, please do not use the ordinary dust bin!

Used electrical and electronic equipment must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of used electrical and electronic equipment.

Following the implementation by members states private households within the EU states may return their used electrical and electronic equipment to designated collection facilities free of charge*.

In some countries* your local retailer may also take back your old product free of charge if you purchase a similar new one.

*) Please contact your local authority for further details.

If your used electrical or electronic equipment has batteries or accumulators, please dispose of these separately beforehand according to local requirements.

By disposing of this product correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

2. In other Countries outside the EU

If you wish to discard this product, please contact your local authorities and ask for the correct method of disposal.

For Switzerland: Used electrical or electronic equipment can be returned free of charge to the dealer, even if you don't purchase a new product. Further collection facilities are listed on the homepage of www.swico.ch or www.sens.ch.

B. Information on Disposal for Business Users.

1. In the European Union

If the product is used for business purposes and you want to discard it:

Please contact your SHARP dealer who will inform you about the take-back of the product. You might be charged for the costs arising from take-back and recycling. Small products (and small amounts) might be taken back by your local collection facilities.

For Spain: Please contact the established collection system or your local authority for take-back of your used products.

2. In other Countries outside the EU

If you wish to discard of this product, please contact your local authorities and ask for the correct method of disposal.

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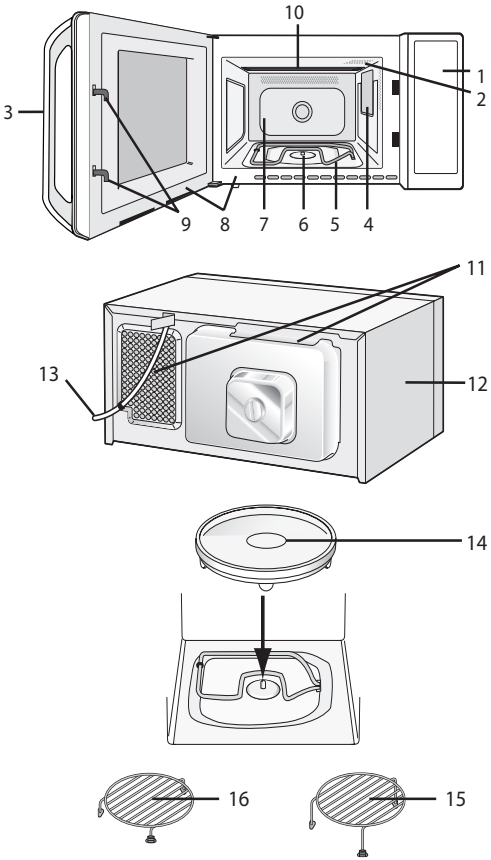
Quick guide for commonly cooked food.

MENU	WEIGHT	CONTAINER INSTRUCTION	COOKING INSTRUCTION	COOKING TIME/POWER LEVEL	STANDING TIME
Frozen Ready Meals (non-stirrable e.g. Lasagne)	400g	Flan dish on low rack	Place the ready meal in a heat-resistant flan dish on the low rack.	Stage1:1 minute on 100% Stage2:13 minutes on 50%	2 Minutes
Chilled Ready Meals (non-stirrable e.g. Lasagne)	400g	Flan dish on low rack	Place the ready meal in a heat-resistant flan dish on the low rack.	Stage1:2 minutes on 100% Stage2:4 minutes on 50%	2 Minutes
Jacket Potatoes (250g/9oz - each) (fresh)	2 Potatoes	Directly on turntable	Pierce in several places. Place on the edge of the turntable. Turn over halfway through cooking.	Stage1:5 minutes on 100% Stage2:5 minutes on 100%	5 Minutes
Defrost Minced Beef	500g	Flan dish on turntable	Place in a flan dish on the turntable. Turn over half way through cooking.	Stage1:2 minutes 45 secs on 30% Stage2:2 minutes 45 secs on 30%	15 - 30 Minutes

YOUR OVEN AND ACCESSORIES



OVEN:

1. Control panel
2. Oven lamp
3. Door opening handle
4. Waveguide cover (DO NOT REMOVE)
5. Bottom grill heating element
6. Turntable motor shaft
7. Oven cavity
8. Door seals and sealing surfaces
9. Door latches
10. Top grill heating element
11. Ventilation openings
12. Outer cabinet
13. Power cord

ACCESSORIES:

Check to make sure the following accessories are provided:

14. Turntable **15.** High rack
16. Low rack

- Place the turntable on to the turntable motor shaft, ensuring it is located firmly.
- To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.
- For use of the racks, refer to the grill, convection and combi cooking sections on pages 10 to 14.

Never touch the grills when they are hot.

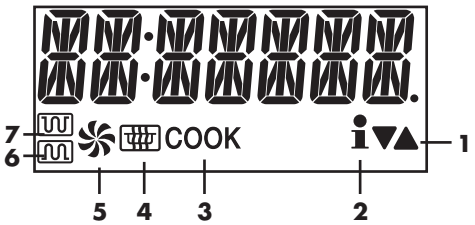
NOTES:

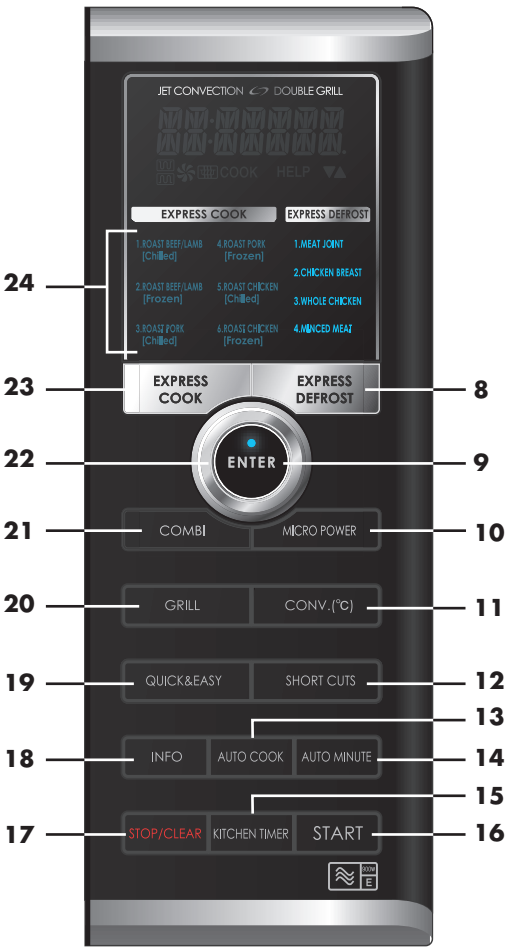
- The waveguide cover is fragile. Care should be taken when cleaning inside the oven to ensure that it is not damaged.
- After cooking fatty foods without a cover, always clean the cavity and especially the grill heating elements thoroughly, these must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.
- Always operate the oven with the turntable fitted correctly. This promotes thorough, even cooking. A badly fitted turntable may rattle, may not rotate properly and could cause damage to the oven.
- The turntable rotates clockwise or anti-clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.
- When you order accessories, please quote both the **PART NAME** and **MODEL NUMBER** to your dealer or SHARP approved service facility. The model number is located at the bottom of the control panel.

⚠ Warning:

The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

CONTROL PANEL





DIGITAL DISPLAY INDICATORS:

1. **LESS/MORE** indicator
2. **INFO** indicator
3. **COOK** indicator
4. **MICROWAVE** indicator
5. **CONVECTION** indicator
6. **BOTTOM GRILL** indicator
7. **TOP GRILL** indicator

Operating keys:

8. **EXPRESS DEFROST** key
   Press to select defrosting 4 menus.
9. **ENTER BUTTON**
   Press to confirm selected menu and weight.
10. **MICROWAVE POWER LEVEL** key
    Press to change the microwave power setting.
11. **CONVECTION (°C)** key
    Press to change the convection setting.
12. **SHORT CUTS** key
13. **AUTO COOK** key
    Press to select 10 popular menus.
14. **AUTO MINUTE** key
15. **KITCHEN TIMER** key
16. **START** key
17. **STOP/CLEAR** key
18. **INFO** key
19. **QUICK&EASY** key
20. **GRILL MODE** key:
    1 PRESS = TOP GRILL
    2 PRESSES = BOTTOM GRILL
    3 PRESSES = TOP & BOTTOM GRILL
21. **COMBI MODE** key:
    1 PRESS = MICROWAVE & CONVECTION
    2 PRESSES = MICROWAVE & TOP GRILL
    3 PRESSES = MICROWAVE & BOTTOM GRILL
22. **ENTER KNOB**
    Rotate to enter the cooking time, kitchen timer, weight and select menu.
23. **EXPRESS COOK** key
    Press to select cooking 6 popular menus.
24. **MENUS LIST**
    Indicate of internal menus Express Cook & Express Defrost.

IMPORTANT SAFETY INSTRUCTIONS

PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Oven Use:

- The oven is for domestic food use only.
- Never operate when empty, except as directed in the "Grill cooking" section on page 10.
- Do not leave or store anything inside the oven when not in use.
- Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches.
- Never operate the oven with any object caught in the door.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.
- If water or food drops inside the air vent openings switch the oven off immediately, unplug it and call a SHARP approved service facility. (See page 38).
- Never move the oven while it is operating.
- The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. Care should be taken to avoid touching these areas.

  To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.

Pacemaker: If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance. When the appliance is operated in the GRILL, CONVECTION, COMBI, EXPRESS COOK QUICK & EASY and AUTO COOK modes, children should only use the oven under adult supervision due to the temperature generated.
Accessible parts may become hot during use. Young children should be kept away.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode. Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container. Stir the liquid prior to and during heating/ reheating, let liquid stand for at least 20 seconds in the oven after cooking.

FIRE: If smoke is observed, switch off and unplug the appliance and keep the door closed in order to stifle any flames.

INSTALLATION

⚠ WARNING

Inspect the Oven:

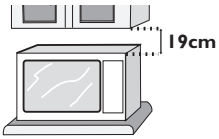
- **Check the oven carefully for damage before and regularly after installation.**
- **Make sure the door closes properly, that it is not misaligned or warped.**
- **Check the hinges and door safety latches are not broken or loose.**
- **Ensure the door seal and sealing surfaces are not damaged. If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.**
- **Inspect the oven interior and door for dents.**

IMPORTANT:
If any damage is apparent, do not operate the oven in any way, until it has been repaired by a SHARP trained engineer.

1. Remove all packing materials including the feature sticker (if applicable). The waveguide cover prevents food and grease from entering the waveguide area where it could cause damage. DO NOT REMOVE THE WAVEGUIDE COVER.
2. The oven door will become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Ensure the surface or mounting position is strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.

INSTALLATION

3. The minimum height of free space necessary above the top surface of the oven is 19cm.



4. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven.
5. Make sure the power supply cord is undamaged (See "ELECTRICAL CONNECTION" below).
   Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.
6. The socket must be readily accessible so that it can be easily unplugged in an emergency.
7. Do not use the oven outdoors.

BUILDING-IN-KIT.

This oven is designed for counter top or built-in use. Do not place the oven in a cabinet.
An installation frame is available which enables the microwave oven to be integrated within a kitchen unit.
The microwave oven is not designed to be built above or near a conventional oven.
SHARP recommend the use of the build in kit **EBR-5000**, available from your SHARP dealer. Only the use of this frame will guarantee the quality and safety of the oven.

ELECTRICAL CONNECTION.

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket.
- Do not connect other appliances to the same socket using an adaptor plug.
- If the power supply cord is damaged, it must be replaced by a SHARP approved service facility or a similarly qualified person to avoid a hazard.
- When removing the plug from the socket always grip the plug, never the cord as this may damage the power supply cord and the connections inside the plug.
- If the plug fitted to your oven is a rewireable type and in the event of the socket outlet in your home not being compatible with the plug supplied, remove the plug properly (do not cut off).
- If the plug fitted to your oven is a non-rewirable type and in the event of the socket outlet in your home not being compatible with the plug supplied, cut-off the mains plug.
- Refit with a suitable type, observing the wiring code given in 'To replace the mains plug' on page 38.

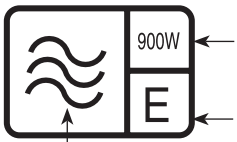
⚠ WARNING: THIS APPLIANCE MUST BE EARTHED

To wire an appropriate plug, follow the wiring code given in `To replace the mains plug' on page 38.

IMPORTANT!

- The fuse from the cut-off plug should be removed and the plug disposed of in a safe manner.
- Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.
- The plug must not be used without the fuse cover fitted.
- If you have any doubt about your microwave oven obtain the help of a qualified electrician.
- When replacing the plug please ensure that you use a BSI or ASTA approved plug to BS1363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362. If you have any doubt about electrical connection seek the help of a qualified electrician.

HEATING CATEGORY



Microwave output power in Watts (based on international (IEC 60705) standard).

Letter representing the oven heating category.

Microwave Symbol.

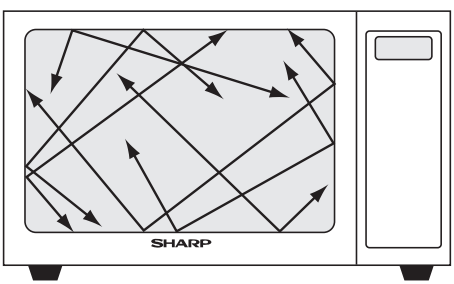
OVEN OUTPUT POWER	Less heating time required → 600 700 800 900 1000 Watts ← More heating time required
OVEN OUTPUT CATEGORY	Less heating time required → A B C D E ← More heating time required

The heating category (a letter A to E) developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.

Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category. The higher the output power and heating category of the oven the less heating time is required as shown opposite.

HOW YOUR OVEN WORKS

Microwaves are energy waves, similar to those used for TV and radio signals.
Electrical energy is converted into microwave energy, which is directed into the oven cavity via a waveguide. To prevent food and grease entering the wave guide it is protected by the waveguide cover.
Microwaves cannot pass through metal, because of this the oven cavity is made of metal and there is a fine metal mesh on the door. During cooking the microwaves bounce off the sides of the oven cavity at random.



Microwaves will pass through certain materials, such as glass and plastic, to heat the food. (See 'Suitable Cookware' on page 32).
Water, sugar and fat in food absorb microwaves which cause them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.
The outer areas of the food are heated by the microwave energy, then the heat moves to the centre by conduction, as it does in conventional cooking. It is important to turn, rearrange or stir food to ensure even heating.
Once cooking is complete, the oven automatically stops producing microwaves.
Standing time is necessary after cooking, as it enables the heat to disperse equally throughout the food.

BEFORE OPERATION

Your oven has an Energy Save Mode.
This facility saves electricity when the oven is not in use.

To operate the oven:

1. Plug in the oven. Nothing will appear on the display at this time.

2. Open the door.
The display will flash:

3. Close the door.
The display will show:

NOTES: If you do not operate the oven for 3 minutes or more (i.e. after closing the door, pressing the **STOP/CLEAR** key, or at the end of cooking), you will not be able to operate the oven until you open and close the oven door. Whilst in Energy Save Mode the display is blank.
When new, the very first time the grills are used, smoke and odour will be given off.
To avoid this happening when food is being cooked, heat the grills without food for approx. 20 minutes. (Please refer to note on page 10.)

MICROWAVE POWER LEVELS

Power Level	Press the MICRO POWER key	Percentage (Display)
HIGH	x 1	100% (100P)
MEDIUM HIGH	x 2	70% (70P)
MEDIUM	x 3	50% (50P)
MEDIUM LOW (Defrost)	x 4	30% (30P)
LOW (Defrost)	x 5	10% (10P)
	x 6	0% (0P)

MICRO POWER KEY

- Your oven has 6 power levels, as shown opposite.
- To change the power level for cooking, enter the cooking time and then press the **MICRO POWER** key.

Power level:
The microwave power level is varied by the microwave energy switching on and off.
When using power levels other than 100% you will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.

IMPORTANT: The microwave power level will cook at 100% unless you press the **MICRO POWER** key to the desired setting.

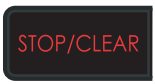
Check the power level:
To check the microwave power level during cooking, press the **MICRO POWER** key. As long as your finger is pressing the **MICRO POWER** key the power level will be displayed. The oven continues to count down although the display will show the power level.

HOW TO OPERATE YOUR OVEN

Opening and closing the door:
To open the oven door, pull the door opening handle.

Starting the oven:
Close the door and press the **START** key.

Stopping the oven:
If you want to stop the oven during cooking, press the **STOP/CLEAR** key once or open the oven door.
If you want to cancel the cooking programme, press the **STOP/CLEAR** key twice.



Your oven enables you to cook and defrost food using the automatic programmes, or to cook and defrost food manually.
Automatic cooking and defrosting allows you to cook and defrost using preset programmes where the timings have been calculated for you, e.g **Express Cook** and **Express Defrost**.

Manual cooking and defrosting allows you to cook/defrost foods and weights which are not included in the automatic programmes.
The following are examples of manual cooking and defrosting.
For automatic cooking and defrosting refer to pages 15 - 25.

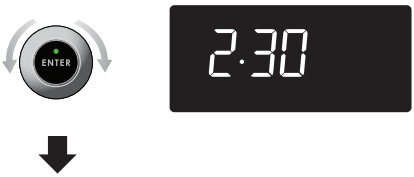
MANUAL COOKING

- Enter the cooking time and use microwave power levels 10% to 100% to cook (refer to page 7).
- Stir or turn the food, where possible, 2 - 3 times during cooking, if required.
- After cooking, cover the food and leave to stand, if required.
- Refer to the cooking charts in the cookbook section, pages 40 - 46.

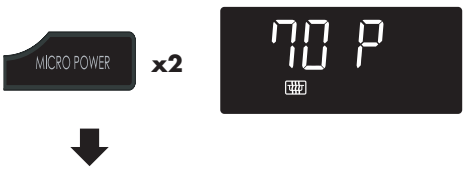
NOTE FOR REHEATING READY MEALS:
Place the ready meal in a heat-resistant flan dish on the low rack.

Example:
To cook for 2 minutes 30 seconds on 70% microwave power.

1. Enter the cooking time by rotating the **KNOB** to 2.30 shown on the display.



2. Input the power level by pressing the **MICRO POWER** key twice.



3. Press the **START** key once to start cooking.

The display will count down through the cooking time.

MANUAL DEFROSTING

- Enter the defrosting time and use microwave power levels 10% or 30% to defrost (refer to page 7).
- Stir or turn the food, where possible, 2 - 3 times during defrosting.
- After defrosting, cover the food in foil and leave to stand until thoroughly defrosted.
- Refer to the defrosting charts in the cookbook section, page 40.

NOTES FOR MANUAL COOKING AND DEFROSTING:

- When the oven starts, the oven lamp will light and the turntable will rotate clockwise or anti-clockwise.
- Your oven can be programmed for up to 90 minutes, (90.00). The input unit of cooking (defrosting) time varies from 10 seconds to 5 minutes. It depends on the total length of the cooking (defrosting) time as shown on the table opposite:

Cooking Time:	Increasing unit:
0-5 minutes	10 seconds
5-10 seconds	30 seconds
10-30 minutes	1 minute
30-90 minutes	5 minutes

- If the door is opened during cooking/defrosting to stir or turn over food, the cooking time on the display stops automatically. The cooking/defrosting time starts to count down again when the door is closed and the **START** key is pressed.
- When cooking/defrosting is complete, ". 0" will reappear on the display.
- If you want to know the power level during cooking, press the **MICRO POWER** key. As long as your finger is touching the key, the power level will be displayed.

Example:
To defrost for 10 minutes on 30% microwave power.

1. Enter the defrosting time by rotating the **KNOB** to 10.00 shown on the display.

2. Input the power level by pressing the **MICRO POWER** key 4 times.

3. Press the **START** key once to start defrosting.

The display will count down through the defrosting time.

GRILL COOKING

The oven has top and bottom grills which can be used separately or combined. These have one power setting only. The grill is assisted by the turntable which rotates simultaneously to ensure even browning.
Use the racks for grilling small items of food such as bacon, gammon and teacakes, turn over halfway through grilling.
Food can be placed either directly onto the racks, or into a flan dish/heat-resistant plate on the high rack.

The grills required can be selected as follows:

Cooking Mode	Press GRILL key
GRILL-1 (Top Grill)	Once
GRILL-2 (Bottom Grill)	Twice
GRILL-3 (Top and Bottom Grill)	3 Times

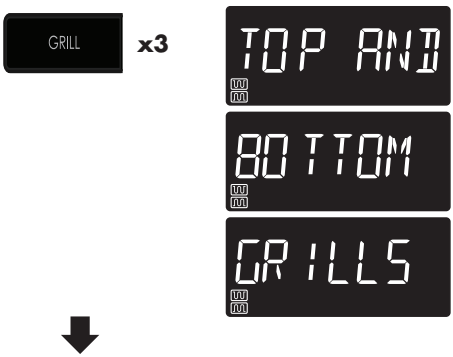
NOTE: When new, the very first time the grills are used, smoke and odour will be given off.
To avoid this happening when food is being cooked, heat the grills without food for approx. 20 minutes.
When the oven has finished heating, open the door to cool the oven cavity.

NOTES:
- It is not necessary to preheat the grill before cooking.
- Follow the recommended grilling times and procedures in the charts on page 43 of the cookbook section.
- When browning foods in a deep container, place on the turntable or low rack.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".

Example:
To grill for 20 minutes, using GRILL-3.

1. Enter the cooking time by rotating the **KNOB** to 20.00 shown on the display.

2. Select GRILL-3 by pressing the **GRILL** key 3 times.



3. Press the **START** key once to start grilling.

The display will count down through the grilling time.

⚠ WARNING:
The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

PREHEATING THE OVEN

Your oven can be preheated to a desired temperature prior to convection cooking.

NOTES:

- When the oven reaches the desired temperature, the audible signal will sound and the temperature will be displayed in °C. **Do not press the STOP/CLEAR key after opening and closing the door, as this will cancel the Convection mode.**
- The preheated temperature will be maintained for approximately 30 minutes. After this time, preheat will be cancelled.
- During preheating and convection cooking, you will hear the cooling fan cycling on and off. This is completely normal and will not affect the cooking.
- You can check the actual temperature during preheating by pressing the **CONV. (°C)** key. The temperature will appear on the display. This will not affect the oven operation.
- If you prefer not to preheat the oven where recommended in the cookbook section, allow extra cooking time.

Example:
To preheat the oven to 180°C.

1. Enter the temperature by pressing the **CONV. (°C)** key 5 times.

x5

2. Press the **START** key once to start preheating.

x1

3. When the oven reaches 180°C, the audible signal will sound and the oven will display 180°C. Place food in the oven, enter the desired cooking time by rotating the **KNOB** and press the **START** key.

x1

⚠WARNING:

The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

CONVECTION COOKING

Your oven can be programmed to cook with ten different temperatures by combining the top and bottom grills with the convection fan. (Please refer to the notes below.)

Press **CONVECTION** key	1	2	3	4	5	6	7	8	9	10
Oven Temp (°C)	250	230	220	200	180	160	130	100	70	40

- Convection cooking is ideal for roasting and baking.
- When using the **CONV. (°C)** key, all metal cookware can be used. (See 'Suitable Cookware' on page 32.)

NOTES:

- Follow convection times and procedures in the charts and recipes in the cookbook section.
- Food manufacturers instructions are only a guideline, so cooking times may need to be adjusted.
- Pressing the **CONV. (°C)** key during cooking will display the programmed temperature. This will not affect the programme or cooking time.
- Temperature measurements taken whilst the oven is in convection mode will differ from the displayed level. This is due to the grill elements turning on and off in order to regulate the oven temperature. This will not affect the cooking results as long as the operation manual and cookbook are followed correctly.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".
- Heat generated by the oven during convection cooking may cause the backplate of the oven to discolour. This is completely normal and will not affect the performance of the oven.
- This oven is not suitable for baking Yorkshire Puddings.

Example:
To cook for 20 minutes at 200°C convection.

1. Enter the cooking time by rotating the **KNOB** to 20.00 shown on the display.

2. Input the temperature by pressing the **CONV. (°C)** key 4 times.

x4

3. Press the **START** key once to start cooking.

x1

The display will count down through the cooking time.

⚠WARNING:
The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

COMBI COOKING

Combi combines microwave power with convection or grill.

The combination of microwave power with convection or grill reduces cooking time and provides a crisp, brown finish.

There are three Combi modes:
1. Combi-1 - Convection with microwave.
2. Combi-2 - Top grill with microwave.
3. Combi-3 - Bottom grill with microwave.

To select the combi cook mode required, enter the cooking time and follow the table below.

Cooking Mode	Press COMBI key
COMBI-1 (Convection and Microwave*)	Once
COMBI-2 (Top Grill and Microwave*)	Twice
COMBI-3 (Bottom Grill and Microwave*)	3 Times

NOTES:
- COMBI-1 is preset with 250°C convection. To adjust the convection temperature, press the **CONV. °C** key.
- Combi is preset with 30% microwave power. If you wish to change the microwave power level, press the **MICRO POWER** key until the desired power level is shown on the display.
  Combi 1: You can select 10%, 30% and 50%
  Combi 2 & Combi 3: You can select 10%, 30%, 50%, 70% and 100%.

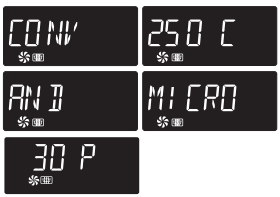
⚠ WARNING:
The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

Example for Microwave and Convection:
To cook for 20 minutes using Combi-1, 230°C, 10% microwave power.

1. Enter the cooking time by rotating the **KNOB** to 20.00 shown on the display.

2. Select Combi-1 by pressing the **COMBI** key once.

x1



3. Change the temperature by pressing the **CONV. °C** key once.

x1

4. Change the power level by pressing the **MICRO POWER** key once.

x1

5. Press the **START** key once to start cooking.

x1

The display will count down through the cooking time.

COMBI COOKING

Example for Microwave and Grill:
To cook for 15 minutes using Combi-2, 50% microwave power.

1. Enter the cooking time by rotating the **KNOB** to 15.00 shown on the display.

2. Select Combi-2 by pressing the **COMBI** key twice.

3. Change the power level by pressing the **MICRO POWER** key 4 times.

4. Press the **START** key once to start cooking.

The display will count down through the cooking time.

NOTES:

- For Combi-2 and Combi-3 it is not necessary to preheat the grill.
- Follow the recommended combi cooking times and procedures in the charts on pages 44 - 45.
- When browning foods in a deep container, place on the turntable or low rack.
- Temperature measurements taken whilst the oven is in convection mode will differ from the displayed level. This is due to the grill elements turning on and off in order to regulate the oven temperature. This will not affect the cooking results as long as the operation manual and cook book are followed correctly.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".

⚠WARNING:
The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

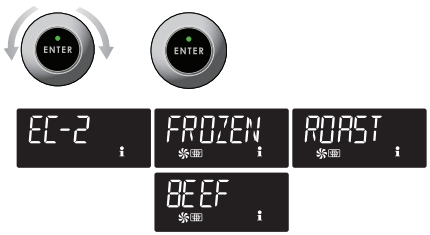
EXPRESS COOK / EXPRESS DEFROST

EXPRESS COOK enables you to cook 6 popular menus from frozen or chilled. Please refer to the chart on pages 16.
EXPRESS DEFROST enables you to defrost 4 popular menus. Please refer to the chart on page 17.

EXPRESS COOK Example:
To cook 0.6kg of Roast Beef from frozen.

1. Press the **EXPRESS COOK** key once.

2. Rotate the **KNOB** to select **EC-2** "FROZEN ROAST BEEF" and press the ENTER button.



3. Enter the weight by rotating the **KNOB** until the desired weight is displayed and press the ENTER button.

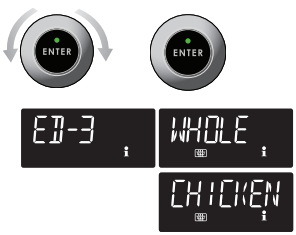
4. Press the **START** key once to start cooking.

The display will count down through the cooking time.

EXPRESS DEFROST Example:
To defrost a 1.2kg Whole Chicken.

1. Press the **EXPRESS DEFROST key** once.

2. Rotate the **KNOB** to select **ED-3** "WHOLE CHICKEN" and press the ENTER button.



3. Enter the weight by rotating the **KNOB** until the desired weight is displayed and press the ENTER button.

4. Press the **START** key once to start defrosting.

The display will count down through the cooking time.

EXPRESS COOK / EXPRESS DEFROST

EXPRESS COOK CHART

CATEGORY	MENU	WEIGHT RANGE	COOKING PROCEDURE
	EC-1 Chilled Roast Beef/Lamb **EC-2 Frozen Roast Beef/Lamb**	0.6kg - 1.8kg	• Place meat in a flan dish on the low rack. • After cooking, leave meat to stand wrapped in aluminium fo il for 10 minutes. **NOTES:** • Select **MORE** setting for well done. • It is not possible to use the **LESS** setting. • For frozen beef:Turn over when the audible signal sounds.
	EC-3 Chilled Roast Pork **EC-4 Frozen Roast Pork**	0.6kg - 1.8kg	• Place meat in a flan dish on the low rack. • After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. **NOTES:** • It is not possible to use the **LESS** setting. • For frozen pork:Turn over when the audible signal sounds.
	EC-5 Chilled Roast Chicken **EC-6 Frozen Roast Chicken**	1.2kg - 1.8kg	• Pierce skin (chilled only) a few times and place chicken, breast side up, in a flan dish on the low rack. • After cooking, leave chicken to stand wrapped in aluminium foil for 10 minutes. **NOTES:** • It is not possible to use the **LESS** setting. • This menu is only suitable for cooking whole chicken. • For frozen chicken:Turn over when the audible signal sounds. When cooking frozen chicken with giblets, remove the giblets at first or second turn over.

See the notes on page 25.

⚠ **WARNING:**

The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

EXPRESS COOK / EXPRESS DEFROST

EXPRESS DEFROST CHART

CATEGORY	MENU	WEIGHT RANGE	COOKING PROCEDURE
	ED-1 **Meat Joint:** **Beef/Lamb/Pork**	0.6kg - 1.8kg	• Place meat in a flan dish on the turntable. • Turn meat over when the audible signal sounds. • Stand, wrapped in foil, for 60 - 90 minutes until thoroughly defrosted.
	ED-2 **Chicken Breast**	0.15kg - 0.80kg (1piece=150-200g)	• Place chicken breast, best side-up, in a flan dish on the turntable. • Turn over and rearrange when the audible signal sounds. • Stand, wrapped in foil, for 30 minutes until thoroughly defrosted. • Rinse after standing
	ED-3 **Whole Chicken**	1.2kg - 1.8kg	• Place chicken, breast side-up, in a flan dish on the turntable. • Turn over when the audible signal sounds. • Stand, wrapped in foil, for 60 - 90 minutes until thoroughly defrosted.
	ED-4 **Minced Meat**	0.20kg - 1.00kg	• Place meat in a flan dish on the turntable. • Turn meat over when the audible signal sounds. • Stand, wrapped in foil, for 15-30 minutes until thoroughly defrosted.

See the notes on page 25.

QUICK & EASY

QUICK & EASY enables you to cook 8 popular menus.

For cooking instructions please refer to the chart on page 19.

Follow the example opposite for details on how to operate this function.

Example:
To cook 0.4 kg Frozen PIZZA

1. Select the menu required by pressing the **QUICK & EASY** key once then rotate the **KNOB** to select **QU-3** FROZEN PIZZA and press the ENTER button.

2. Enter the weight by rotating the **KNOB** until the desired weight is displayed and press the ENTER button.

3. Press the **START** key once to start cooking.

QUICK & EASY

QUICK & EASY CHART

CATEGORY	MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
	QU-1 **Easy Risotto**	1 serve (1 serve = approx 1.1kg.)	• See the recipes on page 47. **NOTE:** • It is not possible to use the **LESS** setting with this menu.
	QU-2 **Chilled Pizza** **QU-3** **Frozen Pizza**	0.10kg - 0.90kg	• Lightly grease the turntable with oil. • Remove all packaging and place the food on the turntable. • After cooking, remove from the turntable. **NOTE:** • It is not recommended to cook bake and rise and stuffed crust pizza using this key.
	QU-4 **Chinese Takeaway Reheat** **QU-5** **Indian Takeaway Reheat**	0.30kg - 0.80kg	• Remove any bread/pastry/crackers etc before cooking. • Spread the take away evenly on a microwaveable plate. • Cover with microwave cling film and pierce in 5 places. • Place on the turntable. • Stir when the audible signal sounds. • After cooking, leave to stand for 2 minutes. **NOTES:** • It is not possible to use the **LESS** setting with this menu. • Ensure the left over take away is refrigerated as quickly as possible (ideally within one hour), and keep in the fridge for no more than 24 hours until reheating. • Do not reheat the left over take away more than once. • Ensure food is piping hot.
	QU-6 **Room temp Reheat Sauce** **QU-7** **Chilled Reheat Sauce** **QU-8** **Frozen Reheat Sauce**	0.15kg - 0.75kg	• Place the food in a Pyrex ® bowl. • Cover with microwave cling film and pierce in 5 places. • Place on the turntable. • Stir when the audible signal sounds. • After cooking, stir. E.g. Pasta Cooking Sauce, Indian Cooking Sauce.

See the notes on page 25.

⚠WARNING:

The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

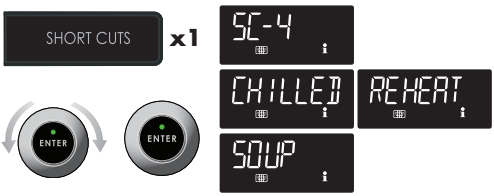
SHORT CUTS

SHORT CUTS enables you to easily cook menus.

For cooking instructions please refer to the chart on page 21.

Example:
To reheat 0.5 kg Soup from Chilled

1. Select the menu required by pressing the **SHORT CUTS** key once then rotate the knob to select **SC-4** "CHILLED REHEAT SOUP" and press the ENTER button.



2. Enter the weight by rotating the **KNOB** until the desired weight is displayed and press the ENTER button.

3. Press the **START** key once to start cooking.

SHORT CUTS

SHORT CUTS CHART

CATEGORY	MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
	SC-1 **Melted Butter**	25 g - 100 g (25g = 1 portion)	• Place the food in a Pyrex ® bowl. • Cover with microwave cling film and pierce in 5 places. • Place on the turntable. • After cooking, stir.
	SC-2 **Oven Fresh**	300ml boiling water 100ml lemon juice	• Place boiling water into a 2 litre Pyrex ® bowl and add lemon juice. • **Do not cover.** • Place on the turntable. • After heating, carefully remove the bowl from the oven and also remove the turntable. • Wipe the cavity and door using a soft damp cloth. **NOTES:** • It is not possible to use **LESS** or **MORE** setting with this menu. • **Do not use steam cleaners.** • Only use this function when the oven is completely at room temp (in case grills have been on and they are hot). • Strong smells might not always be removed.
	SC-3 **Room temp** **Reheat Soup** **SC-4** **Chilled** **Reheat Soup**	0.20kg - 0.80kg	• Place the food in a Pyrex ® bowl. • Cover with microwave cling film and pierce in 5 places. • Place on the turntable. • Stir when the audible signal sounds. • After cooking, stir. **NOTE:** • Do not heat soup containing potatoes as they may explode.
	SC-5 **Reheat** **Tea/Coffee**	1- 4 Cups (1cup=200ml)	• **Do not cover.** • Place the cups towards the edge of the turntable. • After cooking, stir.

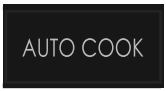
See the notes on page 25.

⚠ **WARNING:**

The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

AUTO COOK

AUTO COOK enables you to cook 10 popular menus.



For cooking instructions please refer to the chart on page 23 - 24.

Example:
To cook 0.3 kg Frozen Crispy coated Food

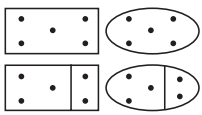
1. Select the menu required by pressing the **AUTO COOK** key once then rotate the **KNOB** to select **AC-2** "FROZEN CRISPY COATED FOOD" and press the **ENTER** button.

2. Enter the weight by rotating the **KNOB** until the desired weight is displayed and press the **ENTER** button.

3. Press the **START** key once to start cooking.

AUTO COOK

AUTO COOK CHART

CATEGORY	MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
	AC-1 **Chilled Crispy Coated Food**	0.10kg - 0.50kg	• Place the food on the turntable. • After cooking remove from the turntable and serve. E.g. fish cakes, fish goujons, chicken nuggets.
	AC-2 **Frozen Crispy Coated Food**	0.10kg - 0.50kg	
	AC-3 **Grilled Chicken Breast**	0.15kg - 0.80kg (1piece=150-200g)	• Pierce chicken skin several times with a skewer. • Season with black pepper and place best side down in a flan dish on the low rack. • Turn over when the audible signal sounds. • After cooking leave to stand 5 minutes. **NOTE:** • It is not possible to use the **LESS** setting with this menu.
	AC-4 **Chilled Ready Meal**	0.30kg - 0.80kg	• Read and follow the IMPORTANT NOTE FOR READY MEALS on page 25. • For one section containers use a skewer to pierce film in 5 places.  • For two section containers, pierce using a skewer. Pierce meat/main section 3 times and rice/pasta section twice. • For food contained in bag(s), pierce 5 times on one side. Cook pierced side-up. • Where bags come already perforated, do not pierce. • Place in a flan dish on the low rack. • Stir, if possible, when the audible signal sounds. • After cooking, leave to stand for 2 minutes before serving. **NOTES:** • For **stirrable** foods, including food in bags, stir or manipulate contents when the audible signal sounds. • For **non-stirrable** foods, use the **MORE** setting. (It is not necessary to stir.) • It is not possible to use the **LESS** setting with these menus **Stirrable:** E.g. Spaghetti bolognese, Beef stew **Non-stirrable:** E.g. Lasagne, Cottage pie
	AC-5 **Frozen Ready Meal**	0.30kg - 0.80kg	

See the notes on page 25.

AUTO COOK

AUTO COOK CHART

CATEGORY	MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
	AC-6 **Chilled Oven Chips**	0.10kg - 0.40kg	• Place the food on the turntable. • After cooking remove from the turntable and serve.
	AC-7 **Frozen Oven Chips**	0.10kg - 0.40kg	
	AC-8 **Fresh Rice/Pasta**	0.2kg - 0.5kg	• Place rice/pasta in an appropriate sized Pyrex ® bowl. • Add 300 ml (1/2 pint) of boiling water per 100 g rice/pasta. • **Do not cover.** • Place in the center of the turntable. • Stir when the audible signal sounds. • After cooking stir and leave to stand for 2 minutes, then drain and rinse in boiling water. E.g. filled pasta, spaghetti, fusilli
	AC-9 **Dried Rice/Pasta**	0.1kg - 0.3kg	
	AC-10 **Baked Potato**	1 - 4 pieces (1potato=approx. 250g)	• Turntable should be in place during preheating and cooking. • Pierce 3 times each side with skewer. • Place in a flan dish on the low rack. • Put in the oven when the audible signal sounds. • Turn over when the audible signal sounds again. • After cooking, leave to stand for 5 minutes.

See the notes on page 25.

⚠ WARNING:

The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

NOTES FOR EXPRESS COOK / EXPRESS DEFROST / QUICK & EASY / SHORT CUTS / AUTO COOK:

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.
- If using **MORE / LESS** setting, turn the **KNOB** clockwise for MORE setting or turn the **KNOB** anticlockwise for LESS setting before pressing the **START** key.
- When action is required (e.g. turn food over), the oven stops, the audible signals sound and instructions will appear on the display. To continue cooking, press the **START** key.
- The final food temperature will vary according to the initial food temperature. Check food is thoroughly heated after cooking. If necessary, you can extend the cooking time manually.
- **EXPRESS COOK, QUICK & EASY** and **AUTO COOK** menus, except Easy Risotto, Takeaway Reheat, Reheat Sauce, Ready Meal, and Rice/Pasta, use a combination of microwave power and grill or convection.
- Before freezing foods, ensure food is fresh and of good quality.
- If necessary, shield small areas of meat or chicken with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls.
- Do not cook meat or chicken unless it is thoroughly defrosted.
- Do not use the racks for defrosting.

WEIGHT RANGE FOR EXPRESS COOK / EXPRESS DEFROST / QUICK & EASY / SHORT CUTS / AUTO COOK:

- Weigh all meat and chicken prior to cooking/defrosting as the labelled weight is only approximate.
- Food weight should be rounded up to the nearest 0.1kg, for example, 0.65kg to 0.7kg.
  Defrost Chicken Breast, Defrost Minced Meat, Pizza, Takeaway Reheat, Reheat Sauce, Reheat Soup, Crispy Coated Food, Grilled Chicken Breast, Ready Meal and Oven chips should be rounded up to the nearest 0.05kg, for example, 0.34kg to 0.35kg.
  Melted Butter should be rounded up to the nearest 25g, for example, 70g to 75g.
- **You are restricted to cook/defrost the weight given in the charts.**
- To cook/defrost weights or foods not included in these charts, cook manually.
- For converting to Lb/oz see the conversion chart on page 39.

IMPORTANT NOTES FOR READY MEALS:

- These menus are suitable for savoury microwave ready meals only.
- You must only cook one microwave ready meal at a time.
- These menus are not suitable for non-stirrable ready meals e.g. lasagne, cottage pie etc.
- Always check food is thoroughly heated before serving, if necessary increase cooking time, using 70P microwave power level and check the food every minute.
- Remove outer cardboard packaging as instructed by the manufacturer.
- If the food container is made of aluminium foil, remove the food and place in suitable container, cover with microwave cling film and pierce in 5 places before heating. (See 'Suitable Cookware' on page 32.)
- If the container is covered with aluminium foil, remove foil, re-cover with microwave cling film and pierce 5 times.

⚠ **WARNING:**

The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

CONVENIENT FUNCTIONS

1. SEQUENCE COOKING

This function allows you to cook using up to 4 manual cooking programmes.
For grill, convection and combi cooking modes, you can programme up to 2 stages in one sequence setting.
Once programmed the oven will automatically move onto the next stage.

Example:
To cook for:
5 minutes on 70% microwave power (Stage 1)
6 minutes on Grill-1 (Stage 2)
3 minutes on Combi-1, 200°C,
30% microwave power (Stage 3)

STAGE 1

1. Enter the cooking time by rotating the **KNOB**. (EX: 5min)

2. Input the power level by pressing the **MICRO POWER** key twice.

x2

STAGE 2

3. Enter the cooking time by rotating the **KNOB**. (EX: 6min)

4. Select Grill-1 by pressing the **GRILL** key once.

x1

STAGE 3

5. Enter the cooking time by rotating the **KNOB**. (EX: 3min)

6. Select Combi-1 by pressing the **COMBI** key once, then change the convection temperature by pressing the **CONV. °C** key 3 times.

x1

x3

7. Press the **START** key once to start cooking.

x1

NOTE: If 100% is required on the final stage, it is not necessary to input the power level.

⚠ **WARNING:**
The door, outer cabinet, oven cavity, accessories, dishes and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

2. LESS and MORE

The **LESS (▼)** and **MORE (▲)** setting enable you to:

- Cook/defrost food for less or more time than the automatic programmes.

TO USE WITH AUTOMATIC PROGRAMMES:

Turn the **KNOB** clockwise for MORE setting or turn the **KNOB** anticlockwise for LESS setting before pressing the **START** key.

Example:
If you prefer Roast Chicken well cooked, turn the **KNOB** clockwise for MORE setting.

NOTES:

- If you select MORE setting, the display will show, (▲). If you select LESS setting, the display will show, (▼).
- Some menus do not have the LESS function and if you select LESS and then press **START** key:

will be displayed.

- To cancel MORE setting, turn the **KNOB** anticlockwise.
- To cancel LESS setting, turn the **KNOB** clockwise.
- To change MORE to LESS setting, turn the **KNOB** anticlockwise twice.
- To change LESS to MORE setting, turn the **KNOB** clockwise twice.

3. KITCHEN TIMER

Use the KITCHEN TIMER as a minute timer or to monitor the standing time for cooked/defrosted food.

NOTES:

- You can enter any time up to 90 minutes.
- This function does not interrupt even if the door is opened.
- The KITCHEN TIMER function cannot be used whilst the oven is in use.
- To cancel the KITCHEN TIMER simply press the **STOP/CLEAR** key and the display will return to ". 0".

Example:
To set the timer for 5 minutes.

1. Press the **KITCHEN TIMER** key once.

2. Enter the desired time by rotating the **KNOB**. (EX: 5minutes)

3. Press the **START** key once to start the timer.

4. AUTO MINUTE

AUTO MINUTE enables you:

- To cook on 100% microwave power in multiples of 1 minute.
  You can use this function only within 3 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key.
- To extend cooking time during manual cooking in multiples of 1 minute.

NOTE:

- The overall time can be extended to a maximum of 99 minutes.

Example:
To cook for 2 minutes on 100% microwave power, press the **AUTO MINUTE** key twice.

5. INFORMATION GUIDE

The **INFO** key provides step-by-step information on the oven, and also cooking help.

A. GUIDE OF KEYS: displays information about the key pressed.

Example:
To display the information for EXPRESS COOK "Frozen Roast Pork".

1. Press the **INFO** key once. **INFO** indicator will appear on the display.

x1

2. Press the **EXPRESS COOK** key once and rotate the **KNOB** to select Frozen Roast Pork.

x1

NOTES:

- The display will flash a series of messages, including the weight range and any action required during cooking.
- The message will be repeated twice, then the display will return to ". 0".
- If you want to cancel the guide, press the **STOP/CLEAR** key.

B. COOKING HELP: displays a cooking hint when using EXPRESS COOK, EXPRESS DEFROST, QUICK & EASY, SHORT CUTS and AUTO COOK.

Whenever **INFO** indicator is lit in the display, you can press the **INFO** key to see the cooking hint.

MICROWAVE COOKING ADVICE

Microwaves cook food faster than conventional cooking. It is therefore essential that certain techniques are followed to ensure good results.
Many of the following techniques are similar to those used in conventional cooking.

COOKING ADVICE NOTES:

- **Always attend the oven when in use.**
- **Ensure that the utensils are suitable for use in a microwave oven. (See 'Suitable Cookware' on page 32.)**
- Refer to the charts in the cookbook section for recommended cooking times and power levels.
- Do not place hot foods/utensils on a cold turntable or cold foods/utensils on a hot turntable.

⚠ **WARNING:**
Liquids and foods must not be heated in sealed containers or jars/containers with lids on, as pressure will build up inside and may cause the jar/container to explode.

- Only use microwave popcorn within the recommended packaging (follow the manufacturers instructions). Never use oil unless specified by the manufacturer and never cook for longer than instructed.

WARNING:
Follow instructions in the SHARP operation manual at all times.
If you exceed recommended cooking times and use power levels that are too high, food may overheat, burn and, in extreme circumstances, catch fire and damage the oven.

Cooking Techniques	
Arrange	Place the thickest parts of food towards the outside of the dish, e.g. Chicken drumsticks. Foods that are placed towards the outside of the dish will receive more energy, so cook quicker, than those in the centre.
Cover	Certain foods benefit from being covered during microwave cooking, follow recommendations where given. Use vented microwave cling film or a suitable lid.
Pierce	Foods with a shell, skin or membrane must be pierced in several places before cooking or reheating as steam will build up and may cause food to explode, e.g. Potatoes, Fish, Chicken, Sausages. **NOTE: Eggs in their shells and hard / soft boiled eggs should not be heated in the microwave oven as they may explode, even after cooking has ended.**
Stir, turn and rearrange	For even cooking it is essential to stir, turn and rearrange food during cooking. Always stir and rearrange from the outside towards the centre.
Stand	Standing time is necessary after cooking so it enables the heat to disperse equally throughout the food.

MICROWAVE COOKING ADVICE

Food Characteristics	
Composition	Foods high in fat or sugar (e.g. Christmas pudding, mince pies) require less heating time. Care should be taken as overheating can lead to fire. Bones in food conduct heat, making the food cook more quickly. Care must be taken so that the food is cooked evenly.
Density	Food density will affect the amount of cooking time needed. Light porous foods, such as cakes or bread, cook more quickly than heavy, dense foods, such as roasts and casseroles.
Quantity	The number of microwaves in your oven remains the same regardless of how much food is being cooked. The cooking time must be increased as the amount of food placed in the oven increases, e.g. four potatoes will take longer to cook than two.
Size	Small foods and small pieces cook faster than large ones, as microwaves can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, take longer to cook in the thicker parts. For even cooking, place the thickest parts to the outside of the dish where they will receive more energy. Round shapes cook more evenly than square shapes when microwave cooking.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than food at room temperature, e.g. a cake made with chilled ingredients, will take longer to cook than cake made with ingredients at room temperature. The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example jam doughnuts, to release heat or steam.

Face & Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Check the temperature of food and drink and stir before serving. Take special care when serving to babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

SUITABLE COOKWARE

To cook/defrost food in a microwave oven, the microwave energy must be able to pass through the container to penetrate the food. Therefore it is important to choose suitable cookware.
Round/oval dishes are preferable to square/oblong ones, as the food in the corners tends to overcook. A variety of cookware can be used as listed below.

Cookware	Microwave Safe	Grill	Combi Cook	Conv-ection	Comments
Aluminium foil Foil Containers	✔ / ✘	✔	✔ / ✘	✔	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2 cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer, e.g. Microfoil ®, follow instructions carefully.
Browning dishes	✔	✘	✘	✘	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China and ceramics	✔ / ✘	✘	✔ Combi-1 only	✔	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex ®	✔	✔	✔	✔	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal	✘	✔	✘	✔	It is not recommended to use metal cookware when using microwave power as it will arc, which can lead to fire.
Plastic/ Polystyrene e.g. fast food containers	✔	✘	✘	✔ / ✘	Care must be taken as some containers warp, melt or discolour at high temperatures.
Cling film	✔	✘	✘	✘	Should not touch the food and must be pierced to let the steam escape.
Freezer/Roasting bags	✔	✘	✘	✔ / ✘	Must be pierced to let steam escape. Ensure bags are suitable for microwave or convection use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal arcing.
Paper plates/ cups and kitchen paper	✔	✘	✘	✘	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Straw and wooden containers	✔	✘	✘	✘	Always attend the oven when using these materials as overheating may cause fire.
Recycled paper and newspaper	✘	✘	✘	✘	May contain extracts of metal which will cause 'arcing' and may lead to fire.
Racks	✔	✔	✔	✔	The metal racks supplied have been specially designed for all cooking modes and will not damage the oven.

WARNING: When heating food in plastic or paper containers, monitor the oven due to the possibility of ignition.

DEFROSTING ADVICE

Using your microwave is a very efficient method of defrosting.
It is a simple proccess but the following instructions are essential to ensure the food is thoroughly defrosted.

Rearrange	Foods that are placed towards the outside of the dish will defrost quicker than foods in the centre. It is therefore essential that the food is rearranged up to 4 times during defrosting. Move closely packed pieces from the outside to the centre and rearrange over-lapping areas. This will ensure that all parts of the food defrosts evenly.
Separate	Foods may be stuck together when removed from the freezer. It is important to separate foods as soon as it is possible during defrosting, e.g. bacon rashers, chicken fillets.
Shield	Some areas of food being defrosted may become warm. To prevent them becoming warmer and starting to cook, these areas can be shielded with small pieces of foil, which reflect microwaves, e.g. legs and wings on a chicken.
Stand	Standing time is necessary to ensure food is thoroughly defrosted. Defrosting is not complete once the food is removed from the microwave oven. Food must stand, covered, for a length of time to ensure the centre has completly defrosted.
Turn over	It is essential that all foods are turned over at least 3 - 4 times during defrosting. This is important to ensure thorough defrosting.

NOTES:

- Remove all packaging and wrapping before defrosting.
- To defrost food, use microwave power levels 30% or 10%.
- Please refer to the defrosting chart on page 40 for further information.

REHEATING ADVICE

Follow the advice and guidelines below to ensure food is thoroughly reheated before serving:

Plated meals	**Remove poultry or meat portions, reheat these separately, see below.** Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50%, stir/rearrange halfway through reheating. **NOTE:** Ensure the food is thoroughly reheated before serving.	
Sliced meat	Cover with vented microwave cling film and reheat on 50%. Rearrange at least once to ensure even reheating. **NOTE:** Ensure the meat is thoroughly reheated before serving.	
Poultry portions	Place thickest parts of the portions to the outside of the dish, cover with vented microwave cling film and reheat on 70%. Turn over halfway through reheating. **NOTE:** Ensure the poultry is thoroughly reheated before serving.	
Casseroles	Cover with vented microwave cling film or a suitable lid and reheat on 50%. Stir frequently to ensure even reheating. **NOTE:** Ensure the food is thoroughly reheated before serving.	

To achieve the best results when reheating, select a suitable microwave power level appropriate to the type of food.

NOTES:

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.

Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.

- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, e.g. mince pies or Christmas pudding.
- Never heat oil or fat for deep frying as this may lead to overheating and fire.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturer's instructions on the can.

The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

CLEANING & MAINTENANCE

OVEN INTERIOR

- It is important to clean the interior of your microwave oven after each use.
- To clean the oven interior, use a mild detergent solution, such as washing-up liquid, with warm water on a soft cloth.
- Heat up your oven regularly by using the grill, refer to NOTE on page 10. Remaining food or fat splashed can cause smoke or bad smell.
- Food and liquid splashes will build-up on the oven walls and ceiling. If grease, fat and food debris is allowed to build-up in the oven interior it may overheat, smoke or even catch fire when next using the oven.
- Keep the **waveguide cover** clean at all times. The waveguide cover is constructed from a fragile material and should be cleaned with care (follow the cleaning instructions above). NOTE: Excessive soaking may cause disintegration of the waveguide cover. The waveguide cover is a consumable part and without regular cleaning, will need to be replaced.
- Food will release steam during cooking and cause condensation inside the oven and door. It is important to wipe the oven dry. A build-up of condensation will eventually lead to rust forming on the oven interior.
- **Do not allow grease or dirt to build-up on the door seals or areas around the door. This may prevent the door from closing correctly and may cause a leakage of microwaves (follow the cleaning instructions opposite).**
- Ensure the accessories are cleaned after every use with a mild washing-up liquid solution and dried. This will prevent the build-up of grease and food debris. The accessories are dishwasher safe.
- **Clean the oven at regular intervals and remove any food deposits. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.**

OUTER CABINET

- Wipe the outside of the microwave oven with a mild detergent solution, such as washing-up liquid, with warm water on a soft cloth.
- The control panel must be wiped clean and dried with the door open, therefore inactivating the oven.

DOOR

- To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

NOTES:

- Never use spray cleaners, oven pads or abrasive scourers as these damage the surface of the oven.
- A steam cleaner should not be used.
- Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor. Excess water spillage through these holes will cause damage to the oven interior.
- Slight tarnishing of the oven cavity, around the area of the grills, is likely to occur. This is normal and will not affect the ovens performance.

⚠ **WARNING:**

Before cleaning, make sure the oven cavity, door, oven cabinet, accessories and especially the grills are completely cool.

TROUBLESHOOTING

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.
Follow this simple check below:
Place half a cup of water on the turntable and close the door. Programme the oven to cook for 1 minute using 100% microwave power.

1. Does the oven lamp come on when it is cooking?
2. Does the turntable rotate?
3. Does the cooling fan work? (Check by placing your hand above the air vent openings.)
4. After 1 minute does the audible signal sound?
5. Is the water in the cup hot?
   Take the cup of water out of the oven and close the door. Programme the oven to cook for 3 minutes using the top and bottom grills.
6. After 3 minutes, do both the grill heating elements become red?
   Programme the oven to cook for 3 minutes using the convection on 250°C.
7. After 3 minutes, is the oven cavity hot?
   If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown. If there is no fault with either, check against the troubleshooting chart on the following page.

NOTES:

- Safety powerdowns:
  If you cook food for more than the standard time (see chart opposite) using the same cooking mode, the oven's safety mechanisms automatically activate. The microwave power level will be reduced or the grill heating elements will turn on and off.
- After manual or automatic cooking using the Grill, Combi or Convection modes, the cooling fan will switch on to cool the oven cavity. When the cooling fan works, the display may show "NOW COOLING". To clear it, press the **STOP/CLEAR** key and the display will return to ". 0". During these modes, the cooling fan will carry on working after you have pressed the **STOP/CLEAR** key. You may feel hot air blowing out of the air-vent openings.

⚠ WARNING:

Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a SHARP trained engineer to carry out servicing or repairs.

This is important as it may involve the removal of covers that provide protection against microwave energy.

- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs and Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This is very dangerous due to high voltage parts inside which must never be touched, as this could be fatal. Your oven is not fitted with a lamp access cover. If the lamp fails, do not attempt to replace the lamp yourself, call a SHARP approved service facility.

IMPORTANT:
If the display is blank and has gone dark, even if the power plug is properly connected, the oven may be in Energy Save Mode. To cancel it, open and then close the oven door, see page 7.

SAFETY POWERDOWNS

Cooking Mode	Standard Time
Microwave 100% cooking	20 Minutes
Grill-1	15 Minutes
Grill-2	15 Minutes
Grill-3	Top Grill 6 Minutes Btm Grill 6 Minutes
Combi-2	
Microwave 100%	Microwave 20 Minutes Top Grill 15 Minutes
Microwave 10 - 70%	Top Grill 15 Minutes
Combi-3	
Microwave 100%	Microwave 20 Minutes Btm Grill 15 Minutes
Microwave 10 - 70%	Btm Grill 15 Minutes

TROUBLESHOOTING

QUERY	ANSWER
Draught circulates around the door.	When the oven is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed from the potatoes and that they have been pierced, place directly onto the turntable or in a heat resistant flan dish or similar.
The display is lit but the control panel will not work when pressed.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON and OFF during cooking/ defrosting.
Outer cabinet is hot.	The cabinet may become warm to the touch - keep children away.
The display shows message for "DEMO MODE", or the time in the display is counting down very rapidly.	Your oven may be set in Demo Mode. To cancel Demo Mode, unplug the oven from the socket and replug.

TO REPLACE THE MAINS PLUG

The wires in the mains cable are colour coded as shown:

Green and yellow stripes	=	**EARTH**
Blue	=	**NEUTRAL**
Brown	=	**LIVE**

As the colours in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as described:

- The green and yellow wire to the plug terminal marked E **or** ⏚ **or** coloured green **or** coloured green and yellow.
- The blue wire to the plug terminal marked N **or** coloured black **or** coloured blue.
- The brown wire to the plug terminal marked L **or** coloured red **or** coloured brown.

Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug.

Like most appliances in your home, your oven must be connected to a single phase 230-240V, 50Hz alternating current supply.

If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.

⚠ **WARNING: THIS APPLIANCE MUST BE EARTHED**
If you have any doubts about your electrical supply ask a qualified electrician.

CALLING FOR SERVICE

- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the SHARP Customer Information Centre. Telephone: 08705 274277 (office hours).
- For general information and assistance with oven queries, please contact our
  Customer Information Centre:
  U.K.: 08705 274277 (office hours)
  Ireland: 01 676 0648 (office hours)
  Website: www.sharp.co.uk/customersupport
- Replacement accessories may be obtained from our main parts distributor:
  Willow Vale Electronics Ltd.
  Telephone: 0121 766 5414

COOKBOOK

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INTRODUCTION

This Cookbook contains a wide variety of recipes developed specifically for this product. These will give you successful results and will save time and electricity. The recipes demonstrate the capabilities of your oven and prove that microwave technology is the efficient and effective alternative to conventional cooking.

COOKERY NOTES

- Weigh all meat and poultry prior to defrosting and cooking, as labelled weights are only approximate.
- Where dishes are covered use vented microwave cling film unless otherwise stated. Where dishes are lined, use greaseproof paper unless otherwise stated.
- Note that all preparation times and serving quantities are approximate.
- All ingredients are given in both metric and imperial measures. Use either set but not a combination of both measures.
- Cooking results will vary according to the condition of foods, utensils and the oven. Please check the cooking result and, if necessary, adjust cooking times accordingly.
- Serve all dishes immediately unless otherwise stated.
- Butter and margarine can be interchanged as preferred.
- Half-fat, skimmed or full-fat milk may be used as preferred.
- Where it is necessary to blend foods, use a food processor, liquidiser or press through a sieve.
- Chilled foods are to be cooked from 5°C.
- Ambient/fresh/dried/canned foods are to be cooked from 20°C.
- Frozen foods are to be cooked from -18°C.

CONVERSION CHARTS

WEIGHT MEASURES	
15g	1/2oz
25g	1oz
50g	2oz
100g	4oz
175g	6oz
225g	8oz
450g	1lb

VOLUME MEASURES	
30ml	1floz
100ml	3floz
150ml	5floz (1/4 pint)
300ml	10floz (1/2 pint)
600ml	20floz (1 pint)

SPOON MEASURES	
1.25ml	1/4 teaspoon
2.5ml	1/2 teaspoon
5ml	1 teaspoon
15ml	1 tablespoon

DEFROSTING CHART

FOOD	DEFROST TIME	COOKING MODE	METHOD	STANDING TIME
Minced Meat	5 Min. 30 Secs/ 500g	30%	Place in a flan dish on the turntable. Turn over 3 times and remove any defrosted meat.	15 - 30 Minutes
Liver	10 Min. 40 Secs/ 500g	30%	Place in a flan dish on the turntable. Turn over 3 times and remove any defrosted meat.	15 - 30 Minutes
Steak and Chops	12 Minutes/ 450g	10%	Place in a flan dish. Turn twice, separate during defrosting. Shield.	15 - 30 Minutes
Sausages	7 Min. 30 Secs/ 450g	10%	Place in a flan dish. Turn twice, separate during defrosting. Shield.	15 - 30 Minutes
Bacon	7 Min. 30 Secs/ 250g	10%	As sausage above.	15 - 30 Minutes
Chicken Legs	8 Minutes/ 450g	Stage1:30% Stage2:10%	Calculate the cooking time and divide into 4. Cook on 30% for first stage then 10% for remaining time. Turn 3 times, seperate during defrosting. Shield.	25 - 30 Minutes
Chicken (Breasts)	10 Minutes/ 450g	10%	Place in a flan dish. Turn 3 times, separate during defrosting. Shield.	25 - 30 Minutes
Whole Fish, fillets and steaks	7 Minutes/ 450g	10%	Place in a flan dish. Separate and rearrange twice during defrosting. Shield.	15 - 30 Minutes
Apple/ Blackcurrants/ Redcurrants/ Raspberries/ Blackberries/ Gooseberries/ Rhubarb/ Strawberries	7 Min. 30 Secs/ 500g	10%	Place in a dish. Stir twice during defrosting. Shield.	15 - 20 Minutes
Bread (sliced)	6 Minutes/ 400g	10%	Place on the turntable. Separate and rearrange during defrosting.	5 - 10 Minutes
Pastry (Puff or Shortcrust)	8 Minutes/ 500g	10%	Place on a plate. Turn over half way through defrosting.	10 - 15 Minutes
Meat & Fruit Pies (cooked)	4 Min. 30 Secs/ 450g	30%	Remove from foil container. Place in a flan dish.	15 - 20 Minutes

NOTES:

- Do not use the racks for defrosting.
- If shielding is necessary, use small pieces of foil.
- During recommended standing time, wrap or cover food in foil.

MICROWAVE COOKING CHART

FOOD	COOKING TIME	COOKING MODE	METHOD	STANDING TIME
Fish Fillets/Steaks	3 Minutes/150g 4 Min. 30 Secs. /450g	100%	Place in a single layer in a flan dish. Cover and cook.	2 Minutes
Whole Fish	6 Minutes/ 450g	100%	Place in a single layer in a flan dish. Cover and cook.	2 Minutes
Aubergine, Broccolli, Cauliflower, Courgettes, Leeks, Cabbage, Celery, Spinach, Parnsips, Green Beans, Peas (fresh)	5 Minutes/ 225g	100%	Slice. Add 30ml (2 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Corn on the cob, Carrots, Sprouts (fresh)	6 Minutes/ 225g	100%	Add 45ml (3 tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Turnip & Swede (fresh)	8 Minutes/ 225g	100%	Dice. Add 45ml (3 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Jacket Potatoes (250g/9oz - each) (fresh)	10 Minutes/ 2 potatoes	100%	Pierce in several places. Place on the edge of the turntable. Turn over halfway through cooking.	5 Minutes
Boiled Potatoes (old & new - fresh)	10 Minutes/ 450g	100%	Cut into quarters. Add 60ml (4 tbsp) water. Cover. Stir halfway through cooking.	5 Minutes
Mixed vegetables, Carrots, Cauliflower, Broccolli, Beans, Cabbage (frozen)	8 Minutes/ 225g	100%	Place in dish. Add 15ml (1 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Corn on the Cob (frozen)	6 Minutes/ 225g	100%	Place in dish. Cover dish. Turnover halfway through cooking.	2 Minutes
Apples & Rhubarb (fresh)	7 Minutes/ 450g	100%	Peel & slice. Place in a dish and cover. Stir halfway through cooking.	2 Minutes
Blackberries/ Raspberries/ Redcurrants (fresh)	5 Minutes/ 450g	100%	Place in a dish and cover. Stir halfway through cooking.	2 Minutes

NOTES:

- Fresh vegetables and fresh fruit are cooked from 20°C.
- Frozen vegetables are cooked from -18°C.

MICROWAVE COOKING CHART

FOOD	COOKING TIME	COOKING MODE	METHOD	STANDING TIME
Brown Rice	22 Minutes	70%	Add 400ml (14fl.oz) boiling water/100g rice. Do not cover. Stir twice during cooking. Rinse, and serve.	2 Minutes
Scrambled Eggs	15g butter 2 eggs (medium) 30ml (2 tbsp) milk salt & pepper	70%	1 Melt the butter in a bowl on 70% for 30 seconds. 2 Add the eggs, milk and seasoning and mix well. 3 Cook on 70% for 2 minutes. Stir halfway through cooking.	30 Seconds
Omlette	15g butter 4 eggs (medium) 90ml (6 tbsp) milk salt & pepper	100%	1 Whisk together eggs and milk. Season. 2 Place butter in a 25cm flan dish. Heat on 100% for 1 minute, until melted. Coat the dish with the melted butter. 3 Pour omelette mixture into flan dish. Cook on 100% for 1 minute. Whisk mixture and cook again on 100% for 4 minutes.	30 Seconds

NOTE:

- Eggs are cooked from 5°C.

GRILL - 3 COOKING CHART
(TOP & BOTTOM GRILLS)

FOOD	COOKING TIME	COOKING MODE	METHOD
Tea Cakes	5 Minutes/ 2 teacakes	GRILL - 3	Slice in half. Place directly onto the turntable. Turn over after 3 Minutes.
Muffins	6 Minutes/ 2 muffins	GRILL - 3	Slice in half. Place directlly onto the turntable. Turn over halway through cooking.
Crumpets	6 Minutes/ 4 crumpets	GRILL - 3	Place bottom side up onto the turntable.
Cheese on Toast	6 Minutes/ 2 slices	GRILL - 3	Cover each slice with 50g of grated cheese. Place bread directly onto the turntable.
Oven Chips (thick cut)	9 Minutes/200g 18 Minutes/400g	GRILL - 3	Place directly onto the turntable. 200 g: Turn over after 5 Minutes 400 g: Turn over after 9 Minutes
Bacon	12 Minutes/ 8 slices	GRILL - 3	Place directly onto the turntable. Turn over halfway through cooking.
Gammon Steak	12 Minutes/225g	GRILL - 3	Place directly onto the turntable. Turn over halfway through cooking.
Sausages	10 Minutes/ 8 thin or 4 thick 12 Minutes/ 12 thin or 8 thick	GRILL - 3	Pierce skin, place directly onto the turntable. Turn over four times during cooking.
Beefburgers (chilled)	12 Minutes/ 4 quarter pounders	GRILL - 3	Place directly onto the turntable. Turn over halfway through cooking.
Beefburgers (frozen)	14 Minutes/ 4 quarter pounders	GRILL - 3	Place directly onto the turntable. Turn over halfway through cooking.
Fish Fingers (frozen)	10 Minutes/ 12 pieces	GRILL - 3	Place directly onto the turntable. Turn over after 6 Minutes.
Toasted Sandwich	5 Minutes/ 2 sandwiches	**Stage 1:** GRILL - 3 **Stage 2:** COMBI - 3, 30%	Prepare sandwich: Place two slices of ham and 50g grated cheese between 4 slices of bread and butter. Place sandwiches directly onto the turntable. Use Sequence cooking. (Page 26.) **Stage 1:** Cook on GRILL - 3, for 4 Minutes. Turn over. **Stage 2:** Cook on COMBI - 3, 30% for 1 Minute.

NOTES:

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.
- No standing time is required for the foods in this chart.

COMBI -1 COOKING CHART
(CONVECTION & MICROWAVE)

FOOD	COOKING TIME	COOKING MODE	METHOD
Beef (rare) (chilled)	13 Minutes/ 450g	COMBI - 1 160°C, 50%	Place on the low rack. Calculate cooking time.
Fish (Fillets, Steaks, whole) (chilled)	15 Minutes/ 450g	COMBI - 1 220°C, 30%	Place in a flan dish on the low rack. Stand for 2 minutes after cooking.
Sausage Rolls (uncooked, frozen)	20 Minutes/ 6 sausage rolls (approx. 50g each)	Preheat 200°C COMBI - 1 200°C, 10%	Preheat oven to 200°C. Glaze and place in a flan dish on the low rack. Stand for 2 minutes after cooking.
Garlic Bread (chilled)	5 Minutes/ 1 baguette	Preheat 250°C COMBI - 1 250°C, 10%	Preheat oven to 250°C. Remove any packaging. Place in a flan dish on the low rack. No standing time is required.
Garlic Bread (frozen)	8 Minutes/ 1 baguette	Preheat 250°C COMBI - 1 250°C, 10%	Preheat oven to 250°C. Remove any packaging. Place in a flan dish on the low rack. No standing time is required.
Baked Potatoes	20 Minutes/ 2 potatoes (250g each)	Preheat 250°C COMBI - 1 250°C, 10%	Preheat oven to 250°C. Pierce each potato in several places. Place in a flan dish on the low rack. No standing time is required.
Roast Potatoes	35 Minutes/ 600g potatoes	Preheat 250°C COMBI - 1 220°C, 30%	Preheat oven to 250°C. Cut into even sized pieces. Brush with oil. Place in a flan dish on the low rack. Turn over four times during cooking. No standing time is required.

NOTES:

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

COMBI - 2 COOKING CHART
(TOP GRILL & MICROWAVE)

FOOD	COOKING TIME	COOKING MODE	METHOD
Chicken Fillets (with skin) (chilled)	10 Minutes/ 450g	**Stage 1:** 70% **Stage 2:** COMBI - 2, 70%	Place skin side down in a flan dish on the low rack. Calculate the cooking time. Use Sequence cooking. (Page 26.) **Stage 1:** Cook on 70% for 5 Minutes. Turn over, remove juices. **Stage 2:** Cook on COMBI - 2, 70% for 5 Minutes. Stand for 2 minutes after cooking.
Chicken Legs (chilled)	13 Minutes/ 450g	As above	Place skin side down in a flan dish on the low rack. Calculate the cooking time. Use Sequence cooking. (Page 26.) **Stage 1:** Cook on 70% for 5 Minutes. Turn over, remove juices. **Stage 2:** Cook on COMBI - 2, 70% for 8 Minutes. Stand for 2 minutes after cooking.
Chicken Breasts (chilled)	14 Minutes/ 450g	As above	Place skin side down in a flan dish on the low rack. Calculate the cooking time. Use Sequence cooking. (Page 26.) **Stage 1:** Cook on 70% for 6 Minutes. Turn over. **Stage 2:** Cook on COMBI - 2, 70% for 8 Minutes. Stand for 2 minutes after cooking.
Lamb Chops (chilled)	9 Minutes/ 450g	**Stage 1**: COMBI - 2, 70% **Stage 2**: GRILL - 1	Place in a flan dish on the low rack. Calculate the cooking time. Use Sequence cooking. (Page 26.) **Stage 1:** Cook on COMBI - 2, 70%. Turn over, remove juices. **Stage 2:** Cook on GRILL - 1 for 4 Minutes.
Pork Chops (chilled)	14 Minutes/ 450g	**Stage 1**: COMBI - 2, 70% **Stage 2**: GRILL - 1	Place in a flan dish on the low rack. Calculate the cooking time. Use Sequence cooking. (Page 26.) **Stage 1:** Cook on COMBI - 2, 70%. Turn over, remove juices. **Stage 2:** Cook on GRILL - 1 for 6 Minutes.

NOTES:

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

REHEATING CHART

FOOD	COOKING TIME	COOKING MODE	METHOD
Canned foods	5 Minutes/ 425g	70%	Remove from the can. Place bowl on turntable. Stir halfway through cooking. Stand for 2 minutes after cooking.
Christmas pudding	1 Min 30 Secs/ 125g	100%	Place in a flan dish on turntable. Do not exceed cooking time advised by food manufacturer. Stand for 30 seconds after cooking.
	2 Minutes/175g	100%	As above
	4 Minutes/450g	70%	Place in a flan dish on turntable. Do not exceed cooking time advised by food manufacturer. Stand for 1 minute after cooking.
Sausage rolls (cooked, chilled approx. 50g (2oz) each)	8 Minutes/ 6 sausage rolls	COMBI - 1 230°C, 10%	Place in a flan dish on the low rack. Stand for 2 minutes after cooking.
Quiche, (cooked, chilled)	8 Minutes/ 175g 14 Minutes/ 400g	COMBI - 1 230°C, 10%	Remove foil container. Place in a flan dish on the low rack. Stand for 2 minutes after cooking.
Meat Pie (cooked, chilled)	8 Minutes/150g 11 Minutes/250g 18 Minutes/600g	COMBI - 1 230°C, 10%	Remove foil container. Place in a flan dish on the low rack. Stand for 2 minutes after cooking.
Fruit Pie (cooked, chilled)	40 Seconds/70g	50%	Remove foil container. Place in a flan dish on the turntable. Stand for 1 minute after cooking.
	10 Minutes/450g 15 Minutes/700g	COMBI - 1 230°C, 10%	Remove foil container. Place in a flan dish on the low rack. Stand for 2 minutes after cooking.
Bread rolls/ Croissants	30 Seconds/2	70%	Place on the turntable.
Garlic bread (cooked, chilled)	3 Minutes/ 1 baguette	100%	Place on the turntable, uncovered.
Pizza (cooked, chilled)	45 Seconds/ 125g 3 Minutes/ 400g 4 Minutes/ 500g	100%	Place on a plate, uncovered. Stand for 2 minutes after cooking.

NOTES:

- Take care when heating foods with high sugar or fat content, for example, Christmas pudding and mince pies.
- DO NOT EXCEED THE REHEATING TIMES GIVEN IN THE CHART ABOVE.

RECIPES

Beef risotto

Serves 4

50g onion, sliced
50g celery, chopped
50g green pepper, sliced
50g red pepper, sliced
50g sun-dried tomatoes, chopped
50g sweetcorn
250g beef fillet, sliced into thin strips
200g Aborio Risotto Rice
1 tsp lemon juice
3 tbsp sweet chilli sauce
(600ml) 1 pint hot beef stock
salt and pepper

1 Mix together all of the ingredients into a 2.5 litre (approx. 4 pint) casserole dish.
2 **Do not cover.**
3 Place on the turntable.
4 Stir when the audible signal sounds.
5 After cooking, stir and leave to stand for 5 minutes.

Spicy turkey risotto

Serves 4

50g onion, sliced
50g mushroom, chopped
50g green pepper, sliced
50g red pepper, sliced
50g sweetcorn
250g turkey breast, sliced into thin strips
200g Aborio Risotto Rice
1 tsp lemon juice
1 tsp cayenne pepper
1/2 tsp cumin
2/3 pint hot chicken stock
pinch of saffron
salt and pepper
50g pecorino cheese, grated

1 Mix together all of the ingredients (except the pecorino) into a 2.5 litre (approx. 4 pint) casserole dish and mix well.
2 **Do not cover.**
3 Place on the turntable.
4 Stir when the audible signal sounds.
5 After cooking, stir in the pecorino and leave to stand for 5 minutes.

Vegetable risotto

Serves 4

200g Aborio Risotto Rice
400ml Hot Vegetable Stock
30g Butter
40g Spring Onion, sliced
80g Button Mushrooms, halved
75g Yellow Pepper, sliced,
75g Red Pepper, sliced
100g Frozen Peas,
100g Babycorn, chopped
175g Sweet Potatoes, diced
Handful of Flat Leaf Parsley, chopped
40g Parmesan Cheese, grated
Black Pepper to season
2 garlic cloves, crushed

1 Mix together all of the ingredients (except the Parmesan) into a 2.5 litres (approx. 4 pint) casserole dish and mix well.
2 **Do not cover.**
3 Place on the turntable.
4 Stir when the audible signal sounds.
5 After cooking, stir in the Parmesan and leave to stand for 5 minutes.

RECIPES

VEGETABLE & BEAN SOUP

Serves 4 - 6

75g Celery, sliced
125g carrots, chopped
2 cloves of garlic, crushed
125g canned chick peas
125g canned black eyed beans
125g canned kidney beans
100g canned sweetcorn
400g canned chopped tomatoes
600ml (1 pint) hot vegetable stock
15ml (1tbsp) cornflour mixed with1 tbsp water

1 Place the celery, carrots, garlic and leeks in a 2.5 litre casserole dish. Cook on 100% for 5 minutes.
2 Place the remaining ingredients into the bowl and mix well.
3 Cook on 50% for 40 minutes, stir 3 times during cooking.

BROCCOLI & STILTON SOUP

Serves 4

5ml (1tsp) sunflower oil
200g onion, chopped
400g broccolli
25g plain flour
600ml (1 pint) hot vegetable stock
300ml ($^1/_2$ pint) milk
200g stilton
salt and pepper to taste

1 Place oil, onion and broccoli in a large bowl, mix well. Cover and cook on 100% for 5 minutes.
2 Stir in the flour to form a paste, add the stock, milk and cheese, mix well. Cover and cook on 70% for 10 minutes.
3 Blend in a food processor. Return to bowl and season. Cook on 70% for 10 minutes.

CRISPY STUFFED MUSHROOMS

Serves 4

4 Large open cap mushrooms
50g butter
75g cheddar cheese, grated

1 Remove stalks and chop mushroom stalks.
2 Heat the butter and garlic on 100% for 1 minute.
3 Stir in the chopped mushroom stalks, and breadcrumbs. Fill the mushroms with the mixture, and sprinkle with cheese.
4 Place in the flan dish on the turntable and cook on GRILL - 3 (TOP & BOTTOM GRILL) for 10 minutes.

Paella

Serves 4

200g white long grain rice
600ml (1 pint) chicken stock
200g red pepper, seeded, sliced
150g onion, chopped
200g chicken breast, cubed
100g Chorizo, diced
2 cloves garlic, peled, crushed
10ml (2 tsp) of paprika
5ml (1 tsp) tumeric
250g tomatoes, skinned and chopped
250g raw tiger prawns
100g peas

1 Place the rice in the bowl, add stock, paprika, tumeric.
2 Stir in the chicken, prawns, peas, onion, peppers, tomatoes, garlic, cayenne pepper. Cook on 70% for 40 minutes, stir 3 times during cooking.

Poached salmon with mustard sauce

Serves 4

4 salmon steaks (approx. 200g each)
45ml (3 tbsp) dry white wine
300ml (1/2 pint) mustard sauce (see page 64)
sprig of fresh rosemary to garnish

1 Place the salmon steaks in a flan dish, pierce in several places and add the wine. Cover and cook on 70% for 12 minutes. Allow to stand whilst preparing the sauce.
2 Place salmon steaks in a serving dish, reheat on 70% for 2 minutes. Serve the sauce separately.

Salmon & cheese parcels

Serves 4

200g canned asparagus, chopped
350g salmon fillet, cooked, flaked
200g cream cheese and chives
salt and pepper to taste
15ml (1 tbsp) fresh dill, chopped
450g puff pastry
1 egg, to glaze

1 Drain asparagus, place in a bowl with the salmon, cream cheese, seasoning and dill, mix well.
2 Preheat the oven to Convection 200°C.
3 Divide pastry into four and roll out to 17cm squares.
4 Place equal amounts of mixture into the centre of each square. Brush edges with egg. Form parcels by folding the corners over the filling. Pinch edges to form a raised edge. Brush with egg. Place in two large, greased flan dishes.
5 Place one dish on the low rack, the other on the high rack. Cook on Convection 200°C for 21 minutes. Swap the trays over and cook for a further 21 minutes until golden.

Garlic prawns

Serves 4

300g king prwans
50g butter
3 gloves garlic, crushed
5ml (1 tsp) fresh parsley

1 Place the butter and garlic into a bowl and cook on 100% for 1 minute.
2 Stir in the prawns and cook on 50% for 5 minutes, stirring every minute. Sprinkle with parsley to serve.

Serve in ramekin dishes with French bread.

FISH PIE

Serves 4

900g potatoes, peeled and chopped
135ml (9 tbsp) water
25g margarine
30 - 60ml (2 - 4 tbsp) milk
salt and pepper to taste
600g fish fillets (e.g. fresh cod)
300ml (1/2 pint) white sauce (see page 64)
10ml (2 tsp) fresh dill

1 Place the potatoes in a bowl and add the water. Cover and cook on 100% for 15 minutes. Mash with margarine, milk and seasoning.
2 Place fish in a flan dish in a single layer, cover and cook on 70% for 7 minutes. Flake the fish and mix into the sauce. Add the dill and mix well.
3 Pour into a 2.5l casserole dish, spread the potato on top.
4 Cook using sequence programming on 50% for 15 minutes then on COMBI - 2 (MICROWAVE & TOP GRILL), 50% for 10 minutes, until golden brown.

GRILLED TUNA STEAK WITH ORANGE

Serves 4

10ml (2 tsp) fresh green peppercorns, crushed
15ml (1 tbsp) fresh tarragon
2.5ml (1/2 tsp) salt
4 tuna steaks (150g/1piece)
juice and grated rind of 2 oranges
30ml (2 tbsp) olive oil
15ml (1 tbsp) cornflour mixed with 2 tbsp water

1 Mix together peppercorns, tarragon and salt. Rub evenly onto the steaks and arrange in a flan dish, add orange juice and rind. Sprinkle generously with oil. Marinade in fridge for 2 - 3 hours.
2 Remove fish from the marinade and place in a flan dish.
3 Place on the turntable on COMBI - 2 (MICROWAVE & TOP GRILL), 50% for 7 minutes.
4 After cooking, stir in the cornflour and cook on 100% for a further 2 minutes.

Serve with new potatoes and fresh vegetables.

CITRUS PORK CASSEROLE

Serves 6

225g carrots, diced
150g celery, sliced
175g onion, finely chopped
600g pork, cubed
400g chopped tomatoes, canned
400g canned apricot halves, drained
2 cloves garlic, crushed (see tip below) juice and rind of half a lemon
15ml (1 tbsp) cornflour mixed with 30ml (2 tbsp) water
30ml (2 tbsp) dried mixed herbs

1 Place all ingredients into a 2.5 litre casserole dish and cook on COMBI - 1 (CONVECTION & MICROWAVE), 180°C, 50 % for 30 minutes, stir twice during cooking.
2 Stir the cornflour mixture into the casserole and cook on COMBI - 1, 180°C, 50% for 5 minutes.

Microwave Tip: Peeling garlic easily
Place 3 - 4 cloves of garlic on the turntable. Heat on 100% for 30 seconds, squeeze at one end until the clove pops out.

BOLOGNESE SAUCE

Serves 4

30ml (2 tbsp) vegetable oil
150g onion, finely chopped
100g celery, finely chopped
2 cloves garlic, crushed
75g smoked streaky bacon, chopped
2 bay leaves
400g canned, chopped tomatoes
30ml (2 tbsp) tomato purée
500g lean minced beef
150ml (1/4 pint) red wine
150ml (1/4 pint) hot beef stock
30ml (2 tbsp) cornflour blended with 30ml (2 tbsp) water
salt and pepper to taste

1 Place oil, onion, celery, garlic and bacon into a 2.5 litre (approx. 4 pint) dish, mix well.
2 Cook on 100% for 5 minutes.
3 Add all the remaining ingredients, mix thoroughly.
4 Cook on 70% for 25 minutes, stir twice during cooking.

Serve hot with spaghetti.

chilli con carne: Make as above.
At Stage 3 add 450g canned red kidney beans and 5 - 15ml (1 - 3 tsp) chilli powder, to taste.

MEXICAN TACOS

Serves 4

225g lean minced beef
2 cloves garlic, crushed (see tip above)
75g onion, chopped
2 fresh green chills, chopped
225g canned, chopped tomatoes
100g canned, red kidney beans
2.5ml (1/2 tsp) cumin powder
30ml (2 tbsp) tomato puree
8 taco shells, pre-cooked
175g Cheddar cheese, grated

1 Place the mince, garlic, onion, chillies, tomato puree, tomatoes, kidney beans and cumin into a 2.5l casserole dish, mix well. Cook on 100% for 16 minutes, stir twice during cooking.
2 Fill the tacos with the chilli, and sprinkle with cheese.
3 Place dish on the turntable and cook on COMBI - 2 (MICROWAVE & TOP GRILL), 30% for 6 minutes.

STEAK & MUSHROOM PUDDING

Serves 4

450g braising steak
175g mushrooms
15ml (1 tbsp) mixed herbs
300ml (1/2 pint) beef stock
15ml (1 tbsp) tomato puree
15ml (1 tbsp) cornflour
15ml (1 tbsp) water

1 Place steak, onion, mixed herbs and stock in a casserole dish. Cover and cook on 70% for 30 minutes. Stir three times during cooking and add the cornflour to thicken.
2 To make the pastry, place the flour, salt, baking powder and suet in a bowl, mix well.
3 Add enough cold water to form a soft dough. Roll out 2/3 of the pastry and use it to line the base and sides of a greased 1.2 litre (2 pint) pudding basin.
4 Fill pastry lined basin with meat leaving room for the lid. Roll out remaining pastry, cut out a circle to cover pudding. Brush with milk. Make a slit in the centre. Cover with cling film, pierce and cook on 70% for 8 minutes.

BEEF CASSEROLE

Serves 4

30g plain flour
salt & pepper to taste
500g braising steak, diced
25g margarine
100g smoked streaky bacon, chopped
200g carrot, sliced
75g peas
150g mushrooms, halved
100g onion, chopped
300g potatoes, cubed
15ml (1 tbsp) Worcester sauce
300ml (1/2 pint) hot beef stock
150ml (1/4 pint) red wine
15ml (1 tbsp) cornflour blended with water

1 Mix together the flour, salt and pepper in a dish.
2 Toss the steak in the seasoned flour until well coated.
3 Put all of the remaining ingredients (except cornflour) into a 2.5l casserole dish, add the steak and stir well.
4 Cover with a lid and cook on COMBI-1, 50% for 30 minutes, stir twice, then stir in the cornflour and cook on 50% for a further 10 minutes.

CHICKEN SATAY

Serves 4

MARINADE:
15ml (1 tbsp) groundnut oil
15ml (1 tbsp) lemon juice
75ml (5 tbsp) crunchy peanut butter
1 clove crushed garlic
1 red chilli, finley chopped and de-seeded
15ml (1 tbsp) tabasco sauce
600g chicken breast, flattened & cut into strips
200ml coconut milk
4 wooden skewers (see tip, page 56)

1 Place all the marinade ingredients in a large bowl, mix well. Stir in the chicken, refrigerate for 2 hours to marinate.
2 Thread the chicken onto skewers leaving no wood exposed. Place in a large flan dish on the high rack. Cook on COMBI - 2 (MICROWAVE & TOP GRILL), 70% for 15 minutes. Turn over skewers every 3 minutes.

CHICKEN FETA ROLLS

Serves 4

4 large chicken breast fillets, skinned (approx. 150g each)
100g Feta, finely chopped
3 spring onions, finely chopped
2.5ml ($^1/_2$ tsp) dried parsley
salt and pepper to taste
cocktail sticks to secure
75g Cheddar cheese, grated

1 Open out chicken breasts, flatten with a rolling pin.
2 Place Feta, onions, parsley and seasoning in a bowl, mix well. Place a quarter of the mixture at one end of each breast. Roll up tight and secure with cocktail sticks. Ensure no filling is visible.
3 Place the breasts seam side upwards in a flan dish.
4 Place on the low rack and cook on COMBI - 2 (MICROWAVE & TOP GRILL), 70% for 15 minutes, turn over and add cheese after 10 minutes.

Sprinkle with toasted almonds to serve.

Microwave Tip: Toasting Almonds
Place 25g (1oz) almonds in a shallow flan dish with a knob of butter, heat on 100% for 3 minutes, stir every minute until golden.

THAI GREEN CURRY

Serves 6

10 freezed dried kaffir leaves, crushed
400ml coconut milk
3 tbsp green curry paste
600g cubed chicken
2cm chopped ginger
75g green beans
1 tbsp fish sauce
1 tbsp brown sugar
150g sliced courgette
150g mushrooms, halved
1 sliced red pepper
150g chopped onion
200ml cream

1 Place all of the ingredients except the cream ito a 2.5l casserole dish, mix well and cover.
2 Place the dish on the low rack and cook on COMBI - 1 (CONVECTION & MICROWAVE), 180°C, 30% for 40 minutes. Stir 3 times during cooking.
3 After cooking, stir in the cream and serve.

HONEYED CHICKEN

Serves 4

4 chicken fillets (approx. 200g each)
75ml (6 tbsp) clear honey
30ml (2 tbsp) wholegrain mustard
2.5ml (1/2 tsp) dried tarragon
30ml (2 tbsp) tomato puree
150ml (1/4 pint) chicken stock
15ml (1 tbsp) cornflour blended with water
salt and pepper to taste

1 Mix all the ingredients, except the chicken, together in a 2.5 litre (approx. 4 pint) casserole dish.
2 Add the chicken and turn over to coat with the sauce.
3 Cook on 70% for 20 minutes, stir halfway through cooking.

Microwave Tip: Softening crystalised honey
Place 100g honey in a bowl. Heat on 100% for 1 minute until runny.

Microwave Tip: Softening cream cheese
Place 225g cream cheese on a plate. Heat on 30% for 1 minute until soft.

CHICKEN AND PASTA BAKE

Serves 4

400g canned, chopped tomatoes
150g broccoli florets
50g onion, chopped
350g chicken fillet, diced
10ml (2 tsp) dried basil
15ml (1 tbsp) garlic purée
200g cooked pasta
300ml (1/2 pint) white sauce (see page 64)
100g mature cheddar cheese, grated

1 Place the tomatoes, broccoli, onion, chicken fillet, basil and garlic puree into a 2.5l casserole dish and mix well. Cook on 70% for 15 minutes, stir once during cooking.
2 Spread the pasta over the mixture.
3 Pour the cheese sauce over the pasta and sprinkle with the grated cheese.
4 Place on the turntable and cook on COMBI - 2 (MICROWAVE & TOP GRILL), 70% for 15 minutes, stir once during cooking.

VEGETABLE CHILLI

Serves 4 - 6

15ml (1tbsp) olive oil
175g onions
2 cloves garlic, crushed
75g tomato puree
200g carrots, chopped
1 red pepper, sliced
1 green pepper, sliced
50g sweetcorn
200g courgettes, sliced
5ml (1tsp) ground cumin
5ml (1tsp) chilli powder
400g canned tomatoes
400g canned kidney beans
300ml (1/2 pint) vegetable stock
15ml (1tbsp) cornflour mixed with water

1 Place the oil, onion, garlic and tomato puree in a large bowl. Heat on 100% for 2 minutes.
2 Add the carrots, red and green pepper and sweetcorn, mix well. Cover and cook on 100% for 3 minutes.
3 Stir in the remaining ingredients (apart from the cornflour). Mix well and cook on 70% for 20 minutes, stir twice during cooking.
4 Add the blended cornflour, mix well and cook on 70% for 10 minutes.

Serve hot with rice or as a filling for tacos.

Microwave Tip: Heating taco shells
Place 8 - 10 pre-cooked crisp taco shells on kitchen paper on the turntable. Heat on 100% for 1 1/2 - 2 minutes until warm. Spoon in filling as preferred.

RED LENTIL LASAGNE

Serves 4 - 6

15ml (1 tsp) olive oil
150g onion, chopped
2 cloves garlic, crushed
175g leeks, sliced
100g mushrooms, thickly sliced
10ml (2 tsp) chopped fresh basil
10ml (2 tsp) chopped fresh oregano
225g red split lentils
45ml (3 tbsp) tomato puree
400g canned chopped tomatoes
300ml (1/2 pint) hot vegetable stock
1 bay leaf
salt and pepper to taste
12 sheets lasagne (spinach)
600ml (1 pint) cheese sauce (see page 64)
50g Cheddar cheese, grated

1 Place oil, onion and garlic in a bowl, cook on 100% for 2 minutes.
2 Add the leeks, mushrooms, basil, oregano, lentils and cook on 100% for 5 minutes.
3 Stir in the tomato puree, tomatoes, stock and the bay leaf.
4 Cover and cook on 70% for 20 minutes.
5 Season with salt and pepper then remove the bay leaf.
6 Make the cheese sauce.
7 Put a layer of the lentil mixture into the base of a deep, 25cm square dish. Cover with some lasagne and then some of the cheese sauce.
Repeat, making the last layer cheese sauce, add the grated cheese.
8 Place on low rack and cook on COMBI - 1 (CONVECTION & MICROWAVE), 220°C, 30% for 30 minutes.

CHEESY JACKET POTATOES

Serves 2

2 baking potatoes, (approx. 250g each)
100g double gloucester cheese, finely chopped
100g cooked ham, chopped
75g mushrooms, finely chopped
salt and pepper to taste
45ml (3 tbsp) double cream

1 Prick each potato in several places. Place on turntable and cook on COMBI - 1 (MICRO & CONVECTION), 250°C, 50% for 20 minutes.
2 Halve each potato and scoop out the flesh into a bowl, add the cheese, ham, mushrooms and cream. Season and mix well.
3 Pile mixture back into the potato skins and place in a flan dish, on the low rack.
4 Cook on COMBI - 2 (MICRO & TOP GRILL), 50% for 10 minutes.

Cheese & sweetcorn jackets: Omit the Double Gloucester cheese, chives and mushrooms. Add 100g of grated Cheddar cheese and 50g sweetcorn at stage 2.

Cook's Tip: Wooden Skewers
To remove food easily from wooden skewers, soak the skewers in water for 30 minutes prior to using them.

TOMATO AND PASTA LAYER

Serves 4

600g canned, chopped tomatoes
150g red pesto
300g sun-dried tomatoes, drained and chopped
salt and pepper to taste
600g fresh ravioli (meat or vegetarian)
600ml (1 pint) cheese sauce (see page 64)
100g grated cheddar cheese

1 Empty the tomatoes into a large bowl and cook on 100% for 8 minutes to reduce the juice.
2 Combine the chopped tomatoes, pesto and sun-dried tomatoes and season well.
3 Spread a 1/2 of this sauce over the base of a greased 25cm square dish, then place a single layer of ravioli over the tomatoes. Repeat and finish with a layer of cheese sauce.
4 Sprinkle the grated cheese over the top and place the dish on the low rack. Cook on COMBI - 1 (CONVECTION & MICROWAVE), 220°C, 30% for 20 minutes.

QUICHE LORRAINE

Serves 4 - 6

300g short crust pastry
6 rashers of bacon, chopped
125g onion, finely chopped
4 eggs (medium)
300ml (1/2 pint) milk
salt and pepper to taste
5ml (1 tsp) dried mixed herbs (see tip, page 58)
225g Cheddar cheese, grated

1 Preheat the oven to 200°C.
2 Line a 25cm flan dish with pastry, place on the low rack and cook on 200°C for 10 minutes.
3 Place bacon and onion in a bowl, cook on 100% for 3 minutes.
4 Place eggs, milk, seasoning in a bowl, mix well.
5 Spread bacon and onion evenly over the pastry. Pour egg mixture over, top with grated cheese.
6 Place on the low rack, and cook on COMBI - 1 (CONVECTION & MICROWAVE), 220°C, 30% for 25 minutes until set and brown.

ROASTED VEGETABLE PASTA

Serves 4

1 aubergine, thickly sliced
cooking salt
3 x 30ml (2 tbsp) vegetable oil
1 red pepper, large chunks
1 yellow pepper, large chunks
3 courgettes, thickly sliced
125g onion, sliced
100g mushrooms, thickly sliced
200g canned tomatoes, drained
2 cloves garlic, crushed
350g pasta (bows, shells, or tubes), cooked
100g feta cheese, crumbled

1 Grease the turntable with the oil, place aubergine & peppers on the turntable and season.
Cook using GRILL - 3 for 15 minutes, turn over twice during cooking.
2 Place the onion, mushrooms, tomatoes and garlic into a 2.5 litre (approx. 4 pint) casserole dish, mix well and cook on 100% for 5 minutes, stirring once.
3 Add the peppers, courgettes, aubergine pasta and feta to the tomato mixture and cook on 100% for 5 minutes.

CANNELLONI

Serves 4

125g onion, chopped
2 cloves garlic, crushed
25g butter
450g lean minced beef
100g mushrooms, chopped
30ml (2 tbsp) tomato puree
400g canned chopped tomatoes
salt and pepper to taste
approx 16 tubes of canelloni
600ml (1 pint) cheese sauce (see page 64)
extra grated cheese to sprinkle
5ml (1 tsp) dried mixed herbs

1 Place onion, garlic and butter in a bowl, heat on 100% for 2 minutes. Add the mince, cook on 100% for 7 minutes.
2 Add mushrooms, tomato puree to the tomatoes and season well. Cook on 70% for 15 minutes until thickened, stir every 5 minutes.
3 Fill the tubes with the meat mixture.
4 Pour the cheese sauce on top of the filled canelloni. Sprinkle with the cheese and mixed herbs.
5 Place on low rack, cook on COMBI - 1 (CONVECTION & MICROWAVE), 220°C, 30% for 25 minutes until brown and crispy.

STUFFED TOMATOES

Serves 4

4 large beef tomatoes
100g brown rice
50g peas
50g feta, crumbled
15ml (1 tbsp) fresh basil, chopped
salt and pepper
10g pine nuts

1 Slice the top off each tomato and scoop out the flesh. Place the flesh into a bowl, stir in the rice, peas, feta, basil, salt and pepper.
2 Fill each tomato with the mixture and place in a flan dish.
3 Place the flan dish on the low rack and cook on COMBI - 2 (MICROWAVE & TOP GRILL), 70% for 3 minutes, then cook on COMBI - 2, 50% for 9 minutes until the tomatoes are tender and the cheese is brown and crispy.

VEGETABLE COUS COUS

Serves 4 - 6

300g carrots, diced
300g swede, diced
250g onion, sliced
250g celery, sliced
200g onion, sliced
900ml (1.5 pints) hot vegetable stock
300g cous cous

1 Place the carrots, swede, celery, onion and stock into a 3 litres (5 pints) casserole dish, mix well and cook on 70% for 20 minutes, stirring once.
2 Add the cous cous, mix well and cook on 70% for 10 minutes.

Serve hot as an accompaniment or cold as a salad.

Microwave Tip: Drying breadcrumbs
Spread 100g fresh breadcrumbs evenly over a large plate. Heat on 100% for 2 - 3 minutes, stir every minute until crispy.

SPICY POTATOES

Serves 4

75ml (5 tbsp) vegetable oil
5ml (1 tsp) paprika
20ml (4 tsp) Tabasco sauce
5ml (1 tsp) ground cumin
10ml (2 tsp) fennel seeds
2 garlic cloves, finely chopped
15ml (1 tbsp) ginger puree
1 tsp sugar
salt and pepper to taste
500g potato in skins, washed and cut into 3cm cubes

1 Place the oil, paprika, Tabasco sauce, cumin, fennel seeds, garlic, ginger and sugar into a bowl, season well and mix.
2 Add the potatoes and coat with the spices.
3 Arrange in a single layer in a 25cm (10") flan dish.
4 Place on the turntable and cook on COMBI - 2 (MICRO & TOP GRILL), 50% for 20 minutes, turn over twice during cooking.

Microwave Tip: Drying herbs
Place a handful of fresh herbs between two sheets of kitchen paper on the turntable. Heat on 70% for 3 minutes until dry. Ensure the herbs do not become too dry. Woody herbs will take a little longer.

SWEET & SOUR VEGETABLES

Serves 4

15ml (1 tbsp) sunflower oil
1 clove garlic, crushed
2 medium carrots, cut into strips
150g fresh baby sweetcorn
100g button mushrooms, halved
50g beansprouts
100g mange-tout
1 red pepper, seeded and chopped
1 yellow pepper, seeded and chopped
1 green pepper, seeded, chopped
1 medium onion roughly chopped
100g canned water chestnuts, sliced
225g canned pineapple chunks
1 quantity of sweet and sour sauce (see page 64)

1 Place the oil, garlic, carrots and sweetcorn in a large bowl and mix well. Cover and cook on 100% for 4 - 5 minutes.
2 Stir in the mushrooms, beansprouts, mange-tout, peppers, onion, chestnuts and pineapple.
3 Cover and cook on 100% for 12 minutes, halfway through cooking stir the vegetables and add the sweet and sour sauce.

APPLE PIE

Serves 6

PASTRY:
150g butter
350g plain flour
50g caster sugar
2 egg yolks (medium)
cold water to mix
FILLING:
1kg cooking apples, peeled and sliced
100g demerara sugar
10ml (2 tsp) ground cinnamon (optional)
grated rind of 1 orange (optional)
1 egg (medium) mixed with a little milk to glaze demerara sugar

1. For pastry, rub butter into flour until mixture resembles breadcrumbs. Stir in sugar and bind with egg yolk. Add enough cold water to make a soft, but not sticky, dough. Chill whilst making the filling.
2. For filling, combine apple, sugar, cinnamon (optional) and orange rind (optional) in a large bowl. Cook on 100% for 9 minutes, stirring 3 times.
3. Line the base of a greased 20cm x 2.5cm pie dish with half the pastry. Cook the pastry base on 50% for 5 minutes. Spoon in apple mixture, roll out remaining pastry and cover.
4. Pinch pastry edges to seal amd make a slit in the centre with a sharp knife. Brush with egg mixture to glaze and prinkle generously with sugar.
5. Place on the low rack, cook on COMBI - 1 (CONVECTION & MICROWAVE), 220°C, 10% for 20 minutes, until golden brown.

CHOCOLATE FUDGE

Makes 675g

150g milk chocolate, broken into pieces
100g butter, melted
450g icing sugar, sieved
45ml (3 tbsp) milk

1. Place the chocolate in a bowl and heat on 100% for 2 minutes, stir every 30 seconds until melted.
2. Stir in butter, icing sugar and milk. Heat on 100% for 4 minutes, stir vigorously every minute until the mixture is thick and glossy.
3. Pour into a greased, rectangular 20 x 20cm dish, chill to set before cutting.

RECIPES

MOIST CARROT CAKE

Serves 6 - 8

150ml (1/4 pint) vegetable oil
225g soft brown sugar
3 eggs (medium), beaten
175g self raising flour
5ml (1 tsp) bicarbonate of soda
1.25 ml (1/4 tsp) salt
10ml (2 tsp) cinnamon
1 tbsp mixed spice
300g carrots, grated
100g walnut halves, roughly chopped
ICING:
200g cream cheese (see tip, page 54)
grated rind of 1 lemon
5ml (1 tsp) lemon juice
30ml (2 tbsp) icing sugar
25g walnuts, finely chopped to sprinkle

1. Combine the oil, sugar and eggs. Fold in the flour, bicarbonate of soda, salt, cinnamon and mixed spice. Add the carrots and walnuts, mix well.
2. Grease and line a 20cm soufflé dish with greaseproof paper, pour in the cake mixture.
3. Place on turntable, cook on COMBI - 1 (CONVECTION & MICROWAVE), 180°C, 30% for 25 minutes. Allow to cool before decorating.
4. To prepare icing, combine cream cheese, lemon rind, lemon juice and icing sugar until smooth. Spread on top of the cake, sprinkle with walnuts.

   If iced with cream cheese, keep cake refrigerated. Eat within 2 days.

CHOCOLATE BROWNIES

Serves 6 - 8

225g margarine
225g caster sugar
7.5ml (1 1/2 tsp) vanilla essence
4 eggs (medium), beaten
100g plain flour
50g cocoa powder
2.5ml (1/2 tsp) baking powder
75g walnuts, roughly chopped

1. Grease a 20cm square dish.
2. Combine margarine, sugar, vanilla essence and eggs, until smooth.
3. Stir in remaining ingredients.
4. Cook on COMBI - 1 (CONVECTION & MICROWAVE), 180°C, 10% for 30 minutes until firm to the touch.

RASPBERRY & CHOCOLATE CAKE

Serves 8

250g self raising flour
Large pinch of salt
175g butter, cut into small pieces
100g ground almonds
100g caster sugar
2 eggs (medium), beaten
60ml (4 tbsp) milk
10ml (2 tsp) almond essence
150g white chocolate, chopped
300g fresh raspberries
Icing sugar, for dusting

1. Grease a 20cm round cake tin and line the base with greaseproof paper.
2. Sift the flour and salt into a large bowl. Rub the butter into the flour until the mixture resembles breadcrumbs. Stir in the ground almonds and sugar.
3. Beat the eggs, milk and almond essence together and mix into the flour mixture. Add the chocolate and raspberries and mix in gently.
4. Spread the mixture into the cake tin, place on the low rack and cook on COMBI - 1 (CONVECTION & MICROWAVE), 180°C, 30% for 35 minutes. Allow the cake to cool. Dust with icing sugar.

RECIPES

Plain microwave cake

Serves 4 - 6

100g margarine
100g caster sugar
2 eggs (medium), beaten
100g self raising flour
30 - 45ml (2 - 3 tbsp) water

1 Cream margarine and sugar, beat in the eggs. Fold in the flour and water. Grease and line the base of a 18cm cake dish with kitchen paper. Spoon mixture into purex dish and smooth.
2 Cook on 100% for 5 minutes. Allow to cool slightly before turning out.

Cherry & almond cake

Serves 6

175g butter
175g caster sugar
3 eggs (medium)
175g plain flour
5ml (1 tsp) baking powder
100g glacé cherries, quartered
75g ground almonds
5ml (1 tsp) almond essence
15ml (1 tbsp) milk

1 Cream the butter and sugar together until light and fluffy, beat in the eggs.
2 Fold in flour and baking powder, stir in the cherries, ground almonds, almond essence and milk.
3 Grease and line the base of a 18cm cake dish with greaseproof paper. Spoon in the cake mixture and smooth the surface.
4 Place on the turntable, cook on COMBI - 1 (CONVECTION & MICROWAVE), 200°C, 30%, for 20 minutes.

Chocolate chip cookies

Serves 6 - 8

175g margarine
100g caster sugar
225g self raising flour
50g milk chocolate chips
25g walnuts, finely chopped

The biscuits will be soft when hot but will harden as they cool.

1 Cream margarine and sugar until light and fluffy. Stir in the flour, chocolate and walnuts to make a soft but firm dough.
2 Divide mixture into 8 even sized balls, place apart in two large flan dishes and flatten slightly.
3 Place one dish on low rack and the other on the high rack. Bake on CONVECTION 180°C for 40 minutes until golden brown around the edges. Swap the dishes round after 20 minutes.
4 Allow to cool before removing from the dish.

Gingerbread

Serves 4 - 6

100g butter
75g golden syrup
175g black treacle
225g plain flour
10ml (2 tsp) ground ginger
5ml (1 tsp) bicarbonate of soda
25g caster sugar
150ml (1/4 pint) milk
2 eggs (medium), beaten

1 Place the butter, syrup and treacle into a bowl, heat on 100% for 2 minutes and stir well.
2 In a separate bowl, place the flour, ginger, bicarbonate and sugar.
3 Add the milk into the melted syrup mixture then add the eggs and mix well.
4 Stir into the dry ingredients and beat thoroughly.
5 Pour into a greased and lined 20cm square dish.
6 Place on the low rack and cook on COMBI - 1 (CONVECTION & MICROWAVE), 180°C, 30%, for 18 minutes.

POTATO BREAD

Serves 4

325g potato, cooked and mashed
325g parsnips, cooked and mashed
225g self raising flour
2 cloves garlic, crushed (see tip, page 51)
10ml (2 tsp) whole grain mustard
2 eggs (medium), beaten
75ml (5 tbsp) milk
5ml (1 tsp) fresh parsley, chopped to sprinkle

1 Place the potato, parsnips, flour, garlic and mustard in a large bowl, mix well.
2 Add the egg and milk, mix to form a soft dough. Knead the dough into a round shape approx. 20cm in diameter. Place in a 25cm flan dish, sprinkle with parsley.
3 Place on the low rack and cook on COMBI - 1 (CONVECTION & MICROWAVE), 230°C, 30% for 25 minutes until golden.

Serve with soup, cheese or salad.

FIG & WALNUT BREAD

Serves 6 - 8

175g figs, chopped
150ml (1/4 pint) boiling water
225g plain flour
125g wholemeal flour
125g caster sugar
2.5ml (1/2 tsp) salt
2.5ml (1/2 tsp) bicarbonate of soda
100g butter
125g walnuts, roughly chopped
150ml (1/4 pint) milk
1 egg (medium), beaten

1 Place figs in a large bowl, add the boiling water, leave aside to cool.
2 Preheat the oven to Convection 180°C.
3 Place flours, sugar, salt and bicarbonate of soda in a bowl, mix well. Rub in butter until mixture resembles fine breadcrumbs, stir in walnuts.
4 Add the fig mixture, milk and egg, mix well.
5 Grease and line the base of a 1.5 litre (2 1/2 pint), straight-sided loaf dish with greaseproof paper. Spoon in loaf mixture and smooth the surface.
6 Place on the low rack, cook in a preheated oven on COMBI - 1 (CONVECTION & MICROWAVE), 180°C, 50% for 25 minutes, until a skewer comes out cleanly.

Serve sliced, spread generously with butter.

Microwave Tip: Toasting coconut
Spread 100g desiccated coconut on a plate. Heat on 100% for 2 - 3 minutes, stir every minute.

SODA BREAD

Serves 4

225g wholemeal self raising flour
150g medium oatmeal
2.5ml (1/2 tsp) salt
2.5ml (1/2 tsp) bicarbonate of soda
50g butter
120ml (4fl.oz) natural yoghurt
90ml (6 tbsp) milk
1 egg (medium), beaten to glaze
sesame seeds to sprinkle

1 Combine flour, oatmeal, salt, bicardonate of soda in a large bowl. Rub in the butter.
2 Add the yoghurt and milk, mix to form a soft but not sticky dough.
3 Knead lightly into a round shape approx. 20cm in diameter. Place in a greased 25cm flan dish.
4 Use a knife to mark into 8 wedges, cut only halfway through the dough. Glaze surface with egg, sprinkle with sesame seeds.
5 Place on low rack, bake in a preheated oven on COMBI - 1 (CONVECTION & MICROWAVE), 200°C, 10% for 20 minutes until golden.

Serve with cheese and a salad.

RECIPES

Rice pudding

Serves 4

1.5 litres (2 pint) milk
200g pudding rice
75g caster sugar
50g butter
5ml (1 tsp) ground nutmeg (optional)

1 Place all of the ingredients into a bowl. Place in the low rack and cook on COMBI - 1 (CONVECTION & MICROWAVE), 180°C, 30% for 60 minutes. Stir twice during cooking and again at the end of cooking.
2 Sprinkle with ground nutmeg to serve.

Fruit scones

Makes 14 scones

450g self raising flour
100g butter
100g caster sugar
100g sultanas
2 eggs (medium), beaten with milk to make 300ml (1/2 pint)
1 egg (medium), beaten to glaze
15ml (1 tbsp) mixed herb

1 Preheat the oven to 220°C.
2 Place the flour in the bowl and rub in the butter.
3 Add the sugar and the fruit.
4 Mix together the milk and egg.
5 Make a well in the flour, add almost all of the liquid and mix with a round bladed knife.
6 On a floured surface, knead the dough very lightly until it is just smooth.
7 Divide the mixture in two, flatten until approx. 2cm thick, then cut each peice of dough into seven rounds (approx. 6.2cm each).
8 Grease two flan dishes, place seven scones in each dish. Place one dish on the high rack and the other dish on the low rack.
9 Cook on CONVECTION 220°C for 2 minutes. Swap dishes after 12 minutes, until well-risen and brown.

Wholemeal scones: Substitute white self raising flour with wholemeal self raising flour, omit raisins.

Cheese & herb scones: Omit sugar and sultanas. Add 175g grated Cheddar cheese, 15ml (1 tbsp) mixed herbs.

RECIPES

WHITE SAUCE

Makes 300ml (1/2 pint)

25g butter
25g plain flour
300ml (1/2 pint) milk
salt and pepper to taste

1. Place the butter in a bowl and heat on 100% for 1 minute, until melted.
2. Stir in the flour and whisk in the milk. Cook on 100% for 8 minutes, stir every 2 minutes until thick and smooth. Season with salt and pepper to taste.

Cheese sauce: Stir in 75g grated cheese and 5ml (1 tsp) mustard powder at Stage 2. Serve with vegetables, fish or meat.

Parsley sauce: Stir 15 - 30ml (1 - 2 tbsp) chopped parsley into the finished sauce. Serve with fish.

Onion sauce: Stir 225g cooked onion, finely chopped, into the finished sauce. Heat on 100% for 1 minute before serving. Serve with meat or vegetables.

Sweet white sauce: Omit salt and pepper from basic recipe. Add 15 - 30ml (1 - 2 tbsp) caster sugar at Stage 2. Serve with puddings as an alternative to custard.

SWEET & SOUR SAUCE

Makes 600ml (1 pint)

125g onion, finely chopped
1 green pepper, finely chopped
2 cloves garlic, crushed
30g butter
30g plain flour
45ml (3 tbsp) white wine vinegar
30ml (2 tbsp) soy sauce
300ml (1/2 pint) hot chicken stock
50g soft dark brown sugar

1. Place the onion, green pepper, garlic and butter in a bowl, mix well. Cook on 100% for 2 minutes.
2. Stir in the flour, gradually add the vinegar, soy sauce, stock and sugar. Cook on 100% for 4 minutes, stir every minute until the mixture has thickened. Blend in a food processor for a smoother sauce.

SPICY TOMATO SAUCE

Makes 600ml (1 pint)

100g smoked streaky bacon
200g onion
100g carrot
3 tbsp tabasco sauce
2 cloves garlic, crushed
800g canned, chopped tomatoes
150ml (1/4 pint) red wine
30ml (2 tbsp) tomato puree

1. Place bacon, carrot, onion and garlic in a large bowl, do not cover and cook on 100% for 3 minutes.
2. Add all other ingredients to bacon mixture and mix well. Cook 70% for 30 minutes, stir twice during cooking.
3. Blend in a food processor until smooth, return to bowl and cook on 70% for 3 minutes.

MUSTARD SAUCE

Makes 300ml (1/2 pint)

25g butter
45ml (3 tbsp) whole grain mustard
200ml (7fl.oz) soured cream
salt and pepper to taste

1. Place butter in a bowl, heat on 100% for 30 seconds. Add the mustard, soured cream, salt, and pepper, mix well.
2. Cook on 100% for 4 minutes, stir every minute, until smooth and thick.

Serve with meat or fish.

BLUE CHEESE SAUCE

Makes 450ml (3/4 pint)

75g Blue Stilton cheese, finely chopped
300ml (1/2 pint) soured cream
150ml (1/4 pint) white wine
15ml (1 tbsp) cornflour blended with water
30ml (2 tbsp) fresh parsley, chopped
salt and pepper to taste

1 Place the cheese, cream wine, cornflour and parsley in a bowl, mix well. Season.
2 Heat on 100% for 8 minutes, stir three times during cooking and again before serving.

Ideal served with pasta.

BRANDY SAUCE

Makes 600ml (1 pint)

50g butter
50g plain flour
75g brown sugar
15ml (1 tbsp) golden syrup
150ml (1/4 pint) double cream
300ml (1/2 pint) milk
60ml (4 tbsp) brandy to taste

1 Place butter in a bowl, heat on 100% for 1 minute until melted. Stir in flour, heat on 100% for 1 minute.
2 Combine sugar, syrup, cream and milk, heat on 100% for 2 minutes.
3 Gradually add cream mixture to the butter and flour mixture. Heat on 100% for 5 minutes, stir every minute until smooth and thick. Stir in brandy.

GUARANTEE

Sharp Electronics (UK) Ltd. ("Sharp") guarantees that for a period of 12 months from the date of purchase the enclosed product will be free from defects in materials and workmanship. Sharp agrees to provide for the repair or, at its option, the replacement of a defective product. Sharp reserves the right to replace defective parts, or the product, with new or refurbished items. Items that are replaced become the property of Sharp.

To benefit from this guarantee, any fault that occurs must be notified to Sharp, or its appointed Service Facility, within one year from the date the product was purchased. Proof of purchase, such as a receipt or invoice, must be provided.

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The product is intended for private domestic use only. The guarantee will not apply if the product is used in the course of a business, trade or profession.

The guarantee does not cover:

- Glass/ceramic turntables, as they can be damaged by handling/cleaning methods.
- Faults resulting from inadequate cleaning. Regular cleaning is required to prevent a build up of food residue that can also affect the performance of the product.
- Carriage costs to or from the repair centre.

No person has any authority to vary the terms or conditions of this guarantee.

This guarantee is offered as an additional benefit to your statutory rights, and does not affect these rights in any way.

You may not transfer your rights or obligations under this warranty to anyone else.

If you have any difficulty operating the product, or would like information on other Sharp products, please telephone the Sharp Customer Information Centre on the number given below.

Sharp Customer Information Centre

Website: www.sharp.co.uk/customersupport

Telephone: 08705 274277 (01 676 0648 in Southern Ireland)

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whose registered office is at
4 Furzeground Way, Stockley Park, Uxbridge, Middlesex, UB11 1EZ.

SPECIFICATIONS

AC Line Voltage	Single phase 230-240V, 50Hz
Power Consumption:	
Microwave	1.50kW
Top Grill	1.25kW
Bottom Grill	0.70kW
Convection	1.91kW
Top and Bottom Grill	1.90kW
Microwave/Top Grill	2.70kW
Microwave/Bottom Grill	2.15kW
Microwave/Convection	2.16kW
Input Current:	
Microwave	6.5A
Output Power:	
Microwave	900W (IEC 60705)
Top Grill	1200W
Bottom Grill	650W
Convection	1850W
MAFF Heating Category	E
Microwave Frequency	2450MHz * (Group 2/Class B)
Outside Dimensions	520(W) x 309(H) x 486(D)mm **
Cavity Dimensions	343(W) x 209(H) x 357(D)mm ***
Oven Capacity	26 litres ***
Cooking uniformity	Turntable diameter 325mm
Weight	Approx. 19kg

* This Product fulfils the requirement of the European standard EN55011. In conformity with this standard, this product is classified as group 2 class B equipment. Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for heating treatment of food.

Class B equipment means that the equipment is suitable to be used in domestic establishments.

** The depth does not include the door opening handle.

*** Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

As part of a policy of continuous improvement, we reserve the right to alter design and specifications without notice.

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